

APRIL IS NATIONAL SOYFOODS MONTH

Pumpkin Pie

Recipes provided by...

Soybeans

Nebraska Soybean Board



INGREDIENTS...

- 1 pkg (12 oz.) firm silken tofu
- 1 can (15 oz.) solid pumpkin
- 1/2 cup brown sugar
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground cloves
- 1/4 tsp ground nutmeg
- 1 9-inch unbaked pie shell

Per cup:

| | |
|----------------|--------|
| Calories: | 254 |
| Total fat: | 6.5 g |
| Saturated fat: | 1.6 g |
| Cholesterol: | 0 mg |
| Sodium: | 296 mg |
| Carbohydrate: | 48 g |
| Protein: | 5.9 g |
| Soy Protein: | 3.7 g |
| Dietary Fiber: | 0.7 g |

Preheat oven to 425°F. Drain tofu and puree in a blender or food processor until smooth. Whisk together the pumpkin and sugars in a large mixing bowl. Whisk in the spices and pureed tofu. Pour the mixture into the pie shell and bake at 425°F for 15 minutes. Lower the oven heat to 350°F and bake an additional 40 to 50 minutes, until filling is set and pie crust cooked throughout. Chill before serving.

Makes 8 slices

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