

Mini Pumpkin Pies (with a healthier spin)

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Pie Crust

1 cup all-purpose flour
 $\frac{3}{4}$ cup white whole wheat flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup canola oil
2 Tablespoons water

Filling

2 large eggs
1 can 100% pumpkin puree (17.5 oz)
 $\frac{3}{4}$ cup sugar
1 1/2 teaspoon cinnamon
1/2 teaspoon ground ginger
1/2 teaspoon nutmeg
 $\frac{1}{2}$ ground cloves
 $\frac{1}{2}$ teaspoon allspice
 $\frac{1}{4}$ teaspoon salt
1 cup skimmed evaporated milk



Crust:

Combine flours and salt. Stir in the oil and water until combined.

Roll the dough into a log on a kitchen surface. Use some flour to prevent it from sticking.

Cut into 12 equal pieces and roll each piece into a ball.

Place them in the muffin pan. Press the dough and set aside.

Filling:

Beat the eggs lightly in a bowl with a hand whisk. Then add the rest of the ingredients and mix everything well.

Make Pies:

Using an ice cream scoop, fill in the muffin pan with the filling. Bake in a preheated oven at 350°F (175°C) for 25 minutes, on the lower $\frac{2}{3}$ rack.

Remove the pan from the oven and leave until the bottom of the pan is cool to the touch.

Run an offset spatula around the edges and gently lift up the pies from the pan. Cool completely on a cooling rack before chilling them in the fridge overnight.