

# Pumpkin Pie

\*From Fred Meyer Nutrition Centers\*

## Ingredients

- Walnut pie crust
- 1 1/2 cups mashed cooked pumpkin
- 1/2 tsp sea salt
- 1 cup milk
- 2 beaten eggs
- 1/2 cup molasses
- 2 Tbsp raw sugar
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp vanilla
- 1/4 tsp ginger


## Instructions

1. Blend together all ingredients.
2. Pour into walnut pie crust.
3. Bake in a 450° oven for 15 minutes.
4. Reduce heat to 350° and bake for approximately 40 more minutes, or until firmly set.

The logo for Fred Meyer, featuring the brand name in a stylized font inside a dark green oval.

**Nutrition Centers**

### PUMPKIN PIE

A decorative illustration in the top right corner of the recipe card, showing green holly leaves and red berries with white highlights.

1½ cup mashed cooked pumpkin  
½ teaspoon sea salt  
1 cup milk  
2 beaten eggs  
½ cup molasses  
2 tablespoons raw sugar  
½ teaspoon cinnamon  
½ teaspoon nutmeg  
½ teaspoon vanilla  
¼ teaspoon ginger

Blend together all ingredients. Pour into walnut pie crust. Bake in 450° oven for 15 minutes. Reduce to 350° for approximately 40 more minutes, or until firmly set.

