



Ideal Protein Pumpkin Pie

Ingredients:

- 1 tsp Pumpkin Pie Spice
- IP Maple Oatmeal Packet
- IP Butterscotch Pudding Packet
- 1 egg white
- 6 oz. water
- Non-stick spray
- Muffin Tins

Directions:

1. Preheat oven to 400°
2. Mix IP Maple oatmeal with egg white and 2 oz. water for the dough
3. Lightly coat muffin tins with non-stick spray
4. Place mixture evenly in muffin tins. Press them down as thinly as possible across bottom and sides to form a cup.
5. Bake for 6-7 minutes
6. Remove and press down again to create a more defined crust. Let cool.
7. Mix Butterscotch pudding with Pumpkin Pie spice and 4 oz. water, refrigerate,
8. When pudding is cold, serve on top of muffin cups.