



JUST RIGHT PUMPKIN PIE & WHIPPED CREAM (Courtesy of the National Honey Board)

INGREDIENTS:

3 eggs, slightly beaten	1/2 teaspoon salt
3/4 cup honey	1-1/2 cups canned pumpkin
1/2 teaspoon ginger	1 cup evaporated milk or half-and-half
1/2 teaspoon nutmeg	1 9-inch unbaked pie shell
1/2 teaspoon cinnamon	

DIRECTIONS:

Combine all ingredients, except pie shell. Beat or blend until smooth. Pour into shell. Bake at 425°F 10 minutes. Reduce oven temperature to 350°F. Bake 35 to 40 minutes or until custard is set. Cool. Serve with honey sweetened whipped cream.

TIP:

For Honey Walnut Pumpkin Pie, prepare Just Right Pumpkin Pie. Just before serving, com-

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Purchase Dutch Gold Honey at www.dutchgoldhoney.com

bine 1/3 cup honey, 1/3 cup chopped walnuts and 1/4 teaspoon vanilla. Carefully spread over top of pie.

Makes 1 pie

INGREDIENTS:

1 cup whipping cream
3 Tablespoons honey
1 teaspoon vanilla

DIRECTIONS:

Beat whipping cream until mixture thickens; gradually add honey and beat until soft peaks form. Fold in vanilla.

Nutritional Information Per Serving (per Tablespoon)

Protein: 0.2 g Fat Total: 2.8 g Sodium: 3 mg Carbohydrates: 1/8 g Calories from Fat: 74% Cholesterol: 10 mg Calories: 34 Dietary Fiber: 0 g

Makes 2 cups

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