



Pumpkin Pie

Medifast Meal Makeover

Prep time: 5 minutes · Cook Time: 30-35 minutes
Yield: 4 servings

Ingredients

- 1 packet Medifast Maple & Brown Sugar Oatmeal
- 1 packet Medifast Vanilla Pudding
- 1 packet Medifast Chai Latte
- 1 packet Medifast Original Eggs or
2 Tbsp (1 oz) liquid egg substitute
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 Tbsp canola oil
- 1 cup water
- ¼ cup sugar-free vanilla, macadamia nut, or hazelnut syrup
- 5 sprays cooking spray

Directions

1. Preheat oven to 350° F.
2. In a medium bowl, mix oatmeal, pudding, latte, eggs, baking powder, and cinnamon.
3. In a separate medium bowl, combine canola oil, water, and sugar-free syrup.

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Directions (cont'd)

4. Add dry ingredients to wet ingredients.
5. Pour into a 9-inch pie plate sprayed with cooking spray.
6. Bake for 30-35 minutes.
7. Serve with 1 tablespoon sugar-free whipped cream per slice, if desired.

Per serving: 1 Medifast Meal | 1½ Condiments | ¼ Healthy Fat

Fit & Festive Recipe Cards



Medifast Pumpkin Pie Recipe

K Morrison



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