



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

Nancy West



Medifast Pumpkin Pie Recipe:

Hearty Medifast Lean & Green Cuisine Liz Jones, 2014-01-09 Lean and Green meals are an essential part of the Medifast 5 1 plan. You need to consume the daily lean and green meal you can have at any time which consists of 5 7 ounces of lean meat fish or poultry plus 1 2 cups of non starchy veggies like greens zucchini and mushrooms or salad. *Hearty Medifast Lean Green Cuisine* provides you with a collection of easy mouthwatering great tasting recipes that you your family can enjoy with an endurance that you re getting just the right amount of both Lean and Green while sticking to 5 1 Medifast diet plan. Start losing weight with help of *Hearty Medifast Lean Green Cuisine* and keep yourself lean fit and obviously energetic.

Effective & Convenient Dieting with Medifast Kathy Lynn, 2014-01-09 Medifast Diet is a healthy need to lose weight quickly and safely. It s a 5 1 plan i e six meals a day five of them 100 calorie Medifast meal shake bar oatmeal soup or even cheese puffs. The sixth meal which you can have at any time is a lean and green built around 5 to 7 ounces about 300 calories of lean protein and three servings of non starchy veggies. Medifast is nutritionally balanced allow you to maintain lean muscle as you lose weight. The low calorie diet causes fat stores to release free fatty acids that are converted by the liver into an energy source called ketosis which helps to achieve rapid weight loss while not losing muscle tissue. This cookbook contains a number of recipes which are designed to help dieters feel satisfied on the very low calorie plan which will benefit their heart sleep digestion and metabolism. There are much better chance of succeeding on Medifast Diet if plan ahead. Enjoy the savory recipes all the best.

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Torriatte,2017-08 This book provides some general background information for one of the most cherished American desserts the traditional pumpkin pie after which it discusses the origin of pumpkins as a source of human nourishment while also presenting three authentic macrobiotic vegan recipe variants for preparing wholesome and nutritious pumpkin pies whether for the general enjoyment of family gatherings or to be served as the grand finale of the Thanksgiving festival dinner table The detailed and easy macrobiotic vegan recipes are supplemented by an appendix that provides a four panel table displaying standard nutritional content information in daily value calculated format for winter squashes and pumpkin seeds in addition to conversion tables between metric and imperial cooking measures This book is in simplified Chinese language

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Baked Miniature Pumpkin Pies: Delicious and Healthy Recipes You Can Quickly & Easily Cook Heviz's,2015-12-03 Table of content Baked Pumpkin Donuts Kahlua Pumpkin Pie Pumpkin Eggnog Pie Pumpkin Pie Using Milk and Fresh Pumpkin Easy Pumpkin Pie Pumpkin Pie Paula Deen Pumpkin Puree Pumpkin Whoopie Pies 25 Pumpkin Pie Light Crustless Pumpkin Pie Paradise Pumpkin Pie Crustless Low Carb Pumpkin Pie Double Layer Pumpkin Pie Pumpkin Pie Squares Pumpkin Pie Crunch Thanksgiving Pumpkin Pie Uses Fresh Pumpkin Peach Fried or Baked Pies Baked Pumpkin Oatmeal Opal s Pumpkin Pie Libby s Famous Pumpkin Pie Baked Pumpkin Doughnuts Tiropitakia Miniature Greek Cheese Pies Wicked Pumpkin Whoopie Pies Mini Pumpkin Pies Pumpkin Spice Whoopie Pies **Pumpkin Pie** James Myers,2020-12-18 I m all about finding a twist on the classic Thanksgiving dessert this year with creative pumpkin pie recipes Because if there s one dish my family s Thanksgiving dinner must have other than the turkey obviously it s pumpkin pie My mom makes the best traditional version so there s no point in even trying to improve on it If you re in a similar situation or just looking to change things up this year check out these deliciously ingenious creative pumpkin pie recipes [Recipes from Together for Christmas by Lisa Plumley](#) Recipes from Together for Christmas by Lisa Plumley,2013-02-12 Official version featuring Kristen Miller s delicious recipes for pies in a jar as served at the fictional Galaxy Diner in Kismet Michigan Now you can bake your own traditional double crust Apple Pie in a Jar with cinnamon Cranberry Pecan Pie in a Jar with buttery streusel topping and cinnamon whipped cream Peppermint Chocolate Mousse Pie in a Jar with candy cane sprinkles Pumpkin Pie in a Jar with vanilla whipped cream Walnut Caramel Pie in a Jar with vanilla whipped cream Also includes a bonus first chapter excerpt from

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