

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 Thep (1 oz) liquid egg substitute
- 1 tsp baking powder
- 1 tsp cinnamon
- 1 Thep canols oil
- I cup water
- ¼ cup sugar-free vanilla, macadamia nut, or hazelnut syrup
- 5 sprays cooking spray

#### Directions

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

Fit & Festive Recipe Cards

#### 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.
- Serve with 1 tablespoon sugar-free whipped cream per slice, if desired.



For serving: 1 Modifiest Moof | 1% Condiments | % Healthy Fat

# **Medifast Pumpkin Pie Recipe**

Sage Salas

#### Medifast Pumpkin Pie Recipe:

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