

# Pumpkin Cheffon Pie (Lite)

1 can pumpkin (15 oz)  
2 tbs maple syrup  
1 1/2 tsp pumpkin pie spice  
1 1/2" vanilla

Calories: 145  
per slice - ~~26~~  
3g. fat

1 cup 1% milk

3 envelopes whipped topping 2 (2.6oz)  
graborn wafers crust.

Combine pumpkin, syrup, spice & vanilla.  
In another bowl beat 1/2 cup milk  
with 2 envelopes according to  
directions, fold into pumpkin mixture  
Spoon into crust -

Refrigerate 3 hours -

Mix 3rd envelope whipped topping & spread  
on top.