

Frozen Pumpkin Pie

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Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

FILLING

*1 cup canned pumpkin
1/2 cup brown sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ginger
1 quart vanilla ice cream,
softened*

CRUST

*1 cup finely chopped
pecans
1/2 cup ground ginger
snaps
1/4 cup sugar
1/4 cup butter, softened
whipped cream (optional)*

Preheat the oven to 450 degrees.

Prepare the crust by combining the pecans, cookie crumbs, sugar and butter in a bowl. Press into the bottom of a nine-inch pie pan.

Bake for 5 to 7 minutes. Cool before filling.

In a bowl, beat the pumpkin, brown sugar, salt, cinnamon, nutmeg and ginger for several minutes with a beater.

Stir in the softened ice cream. Pour into the crust.

Freeze overnight.

Remove from the freezer about 15 minutes before serving.

Cut into pie-shaped wedges.

Serve with whipped cream, if desired.

Per Serving (excluding unknown items): 254 Calories; 13g Fat (45.1% calories from fat); 3g Protein; 33g Carbohydrate; 1g Dietary Fiber; 45mg Cholesterol; 250mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 2 1/2 Fat; 2 Other Carbohydrates.