

Easy Pumpkin Cream Pie

- 1 (15 oz.) can pumpkin
- 1 package sugar-free instant vanilla pudding
- 8 packets Splenda
- 1 tsp. pumpkin pie spice or cinnamon (to taste)
- 2 cups Lite Cool Whip

Prepare ginger snap crust; set aside. In large bowl, combine top five ingredients. Pour into ginger snap crust.

To serve: top each slice with lite Cool Whip and sprinkle with cinnamon.
Serve.

Ginger Snap Crust

- 1 box gingersnaps
- Lightly coat 9 inch pie pan with nonstick coating spray. Line bottom of pie pan with ginger snaps, snapped in half. Line sides with whole ginger snaps. Cover and chill 1 hour or until firm.
- Makes 8 servings
- Nutrition info: 1 slice = carbohydrate

Vegetable Christmas Tree

- 2 large green bell peppers
- 2 bunches broccoli cut into florets
- 1 ½ heads cauliflower cut into florets
- 1 8 oz. bag baby carrots
- 3 stalks celery
- 1 pkg cherry tomatoes
- 1 yellow bell pepper
- 1 package low-fat ranch vegetable dip
- toothpicks
- 1 18 inch styrofoam cone covered in aluminum foil. Placed on tray.

Wash and clean all vegetables. Cut green bell peppers into 1 ½ inch squares. Cut celery into 3 inch pieces. Cut yellow bell pepper into two 2 inch star shapes. Starting at bottom of cone, attach vegetables a row at a time on cone with toothpicks, working your way to the top.

1st row broccoli

2nd row cauliflower

3rd row celery

4th row green bell pepper

Repeat rows until you have covered the cone. Add tomatoes as ornaments. Place remaining pieces of vegetables on tray with dip. Serve.