



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

Puja Mehta



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.

Pumpkin Pie Cookbook Amanda Johnston, 2020-10-20 *Pumpkin Pie Cookbook* Get your copy of the best and most unique recipes from Amanda Johnston. Do you miss the carefree years when you could eat anything you wanted? Are you looking for ways to relive the good old days without causing harm to your health? Do you want an ideal way to preserve your food? Do you want to lose weight? Are you starting to notice any health problems? Do you want to learn to prep meals like a pro and gain valuable extra time to spend with your family? If these questions ring bells with you keep reading to find out. *Healthy Weekly Meal Prep Recipes* can be the best answer for you and how it can help you gain many more health benefits. Whether you want to spend less time in the kitchen lose weight save money or simply eat healthier meal prep is a convenient and practical option and your family can savor nutritious delicious homemade food even on your busiest days. Purchase The Print Edition Receive A Digital Copy FREE Via Kindle Matchbook. In this book This book walks you through an effective and complete anti inflammatory diet no prior knowledge required. Learn how to shop for the right ingredients plan your meals batch prep ahead of time and even use your leftovers for other recipes and detailed nutritional information for every recipe. *Pumpkin Pie Cookbook* is an incredible resource of fulfilling joy inducing meals that every home cook will love. In addition 2 weeks of meals a 14 day schedule of meals including step by step recipes and shopping lists for each with tips on what you can prepare ahead of time to get dinner or meal on the table faster. Let this be an inspiration when preparing food in your kitchen with your love ones for the Holiday. It would be lovely to know your cooking story in the comments sections.

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Nishant,2019-09-04 Pumpkin pies recipes collection 1 Pumpkin Pie 2 Pumpkin Pie 3 Pumpkin Pie 4 Pumpkin Cheesecake Pie with Gingersnap Cookie Crust 5 Traditional Pumpkin pie 6 Paradise Pumpkin Pie 7 Maple Golden Pumpkin Pie 8 Pumpkin Chiffon Pie 9 Thanksgiving Pumpkin Pie 10 Pumpkin Pie 11 Pumpkin Crunch Cream Pie 12 Best Ever Pumpkin Pie 13 Pumpkin Pie Cookies 14 Double Layer Pumpkin Pie 15 Apple Pumpkin Pie 16 Honey Pumpkin Pie 17 Pumpkin Gingersnap Pie 18 Praline Pumpkin Pie and many more **Autumn's Golden Slice** Shelly B Morrison,2024-08-09 Autumn s Golden Slice

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Authentic Pumpkin Pie Maiju 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

Pie Recipes Volume 3 Pumpkin Pie Recipes Christina Peterson, 2019-06-08 1 How to Make Pumpkin Pies Pumpkin Pie 6 Pumpkin Ice Cream Pie Easy Pumpkin Nut Pie 2 Creamy Pumpkin Pie Pumpkin Chiffon Pie 3 Pumpkin Pie Hawaiian Libby s Famous Pumpkin Pie No Bake Pumpkin Pie 2 Delicious Pumpkin Pie Impossible Pumpkin Pie Double Layer Pumpkin

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Baked Miniature Pumpkin Pies: Delicious and Healthy Recipes You Can Quickly & Easily Cook

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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 [The Pumpkin Pie Spice Cookbook](#) Stephanie Pedersen,2014-09-02 Pumpkin Pie Spice these three simple words bring joy to fall loving foodies around the globe The subtle alchemy of cloves ginger cinnamon and allspice has developed an enthusiastic following and now thanks to The Pumpkin Pie Spice Cookbook fans can enjoy this flavor sensation all year round From chai latte and vegan nog to waffles chilis bisques breads and chutneys these 40 recipes are a pumpkin spice cravers delight

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