

Triple Ginger Pumpkin Bites

Kim Beavers

Holiday Treat Category Winner

Yield: 15 servings (for the big holiday crowd) Serving size: 3 cups or “bites”

Timing: Prep Time = 10 minutes Total Time = 30 minutes



Ingredients

2 eggs
1/4 teaspoon salt
1/4 teaspoon cloves
1 1/2 teaspoon pumpkin pie spice
1 teaspoon vanilla
1 1/2 tablespoon finely chopped crystalized ginger
24 packs Splenda® Naturals
1 (15 ounce) can pumpkin
3 boxes phyllo shells (45)
¼ cup gingersnap crumbs

Method of Production (Instructions)

Preheat the oven to 350 degrees.

Combine the eggs and next 6 ingredients (salt through Splenda®) in a bowl whisk well to combine. Fold in the pumpkin. Fill each phyllo shell with 1 tablespoon of filling and bake for 15-20 minutes or until done. Top with a sprinkling of gingersnap crumbs

Equipment & Utensils:

Large bowl,
Whisk,
Rubber scraper,
1 tablespoon scoop,
Baking sheet with rims,
Measuring spoons for measuring spices,
Plastic zip-top bag (to put gingersnaps in to be crushed)

Nutrition Breakdown: Calories 80, Fat 2.5g (0g saturated), Cholesterol 30mg, Sodium 90mg, Carbohydrate 11g, Fiber 1g, Protein 3g.