



Diet Pumpkin Tart

- Use ready made pie crust or AQF Cookie Pie Crust (Recipe #2), or Sugar Free pie crust (Recipe 11)
- Add one package of AQF Pumpkin Pudding and Pie filling to mixer bowl.
- Add 9 cups of milk to mix.
- Mix on Medium speed for 6 minutes
- Pour into pie or tart shells and Chill until set.
- Garnish with AQF whipped topping mix.
- Yields 3 Pies.