Thank you
To All That Nurses Do For Those Living With Diabetes
We're celebrating and spreading awareness by baking a T1D and T2D friendly dessert at home and spreading the sweetness with all of those who make a difference.

DIRECTIONS:

1. Preheat the oven to 425ºF.
2. Make the crust: in a bowl, combine the graham-cracker crumbs, maple syrup, oil, egg white, crystallized ginger, and 1/2 tsp of the ground ginger. Press into a 9-inch, nonstick pie pan, to form an even crust. Set aside.
3. In a small bowl, mix together the Splenda, cinnamon, the other 1/2 tsp of ground ginger, cloves, and salt. Set aside.
4. In another bowl, beat the eggs and vanilla together. Add in the Splenda mixture and stir to combine.
5. Add in the pumpkin and stir until the mixture is well combined. Dissolve the corn starch in about 2 to 3 Tbsp. of the evaporated milk. Add the corn starch mixture and the remaining evaporated milk to the pumpkin mixture, and mix until smooth. The mixture will be thin.
6. Pour the pumpkin pie filling into the prepared crust.
7. Place the pie on a baking sheet. Bake for 15 minutes at 425°F. Lower the heat to 350°F, and bake an additional 40 minutes, or until the filling is set when a knife inserted comes out clean.
8. Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top each slice with 1 tbsp whipped topping right before serving.

Pumpkin Pie with Maple-Ginger Crust Recipe by Robyn Webb, MS, LN

INGREDIENTS:

1 1/2 cup graham cracker crumbs
(about 24 cracker squares)
3 tbsp maple syrup
1 tsp canola oil
1 egg white (lightly beaten)
1 tsp finely minced crystallized ginger
1 tsp ground ginger
(1/2 tsp remaining for filling)
1/2 cup Splenda Sugar Blend
2 tsp ground cinnamon
2 tsp ground cloves
1/4 tsp salt
2 eggs
1 tsp vanilla extract
1 (15-oz) can pumpkin puree
(1 (12-oz) can evaporated skim milk
1 tsp corn starch
1/2 cup light whipped topping

Fall Baking
Pumpkin Pie with Maple-Ginger Crust

JDRF and the American Diabetes Association have teamed up to share a T1D and T2D friendly recipe that can be made safely at home to spread awareness for National Diabetes Awareness Month and World Diabetes Day. This year’s World Diabetes Day theme, The Nurse and Diabetes, aims to spread awareness for the integral role nurses play in supporting people with diabetes.

Bake this sweet treat at home and share the recipe card with a nurse or school nurse who has made a difference in yours or a loved one’s life.

Snap a Photo and Share Using #WDDbaking

ADA Diabetes Food Hub
**Pumpkin Pie with Maple-Ginger Crust Recipe by Robyn Webb, MS, LN**

**INGREDIENTS:**
- 1 1/2 cup graham cracker crumbs
- 3 tbsp maple syrup
- 1 tsp canola oil
- 1 egg white (lightly beaten)
- 1 tsp finely minced crystallized ginger (divided use)
- 2 tsp ground cinnamon
- 2 tsp ground cloves
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1 (15-oz) can pumpkin puree
- 1 (12-oz) can evaporated skim milk
- 1 tsp corn starch

**DIRECTIONS:**
1. Preheat the oven to 425ºF.
2. Make the crust: in a bowl, combine the graham-cracker crumbs, maple syrup, oil, egg white, crystallized ginger, nonstick pie pan, to form an even crust. Set aside.
3. In a small bowl, mix together the Splenda, cinnamon, 1/2 tsp of ground ginger, and 1/2 tsp of the ground ginger. Press into a 9-inch, nonstick pie pan, to form an even crust. Set aside.
4. In another bowl, beat the eggs and vanilla together.
5. Add in the pumpkin and stir until the mixture is well blended. Dissolve the corn starch in about 2 to 3 Tbsp. of the evaporated milk. Add the corn starch mixture and the remaining evaporated milk to the pumpkin mixture.
6. Pour the pumpkin pie filling into the prepared crust.
7. Remove the pie from the oven, and let cool for 2 hours before serving. Cut into 8 wedges. Top each slice with 1 tbsp whipped topping right before serving.

Thank you to all the nurses who have made a difference in yours or a loved one’s life.

JDRF and the American Diabetes Association have teamed up to share a T1D and T2D friendly recipe that can be made safely at home to spread awareness for National Diabetes Awareness Month and World Diabetes Day. This year’s World Diabetes Day theme, The Nurse and Diabetes, aims to spread awareness for the integral role nurses play in supporting people with diabetes.

Take the sweet treat to nurse and share the recipe and card with your favorite school nurse who has made a difference in yours or a loved one’s life.

This year’s World Diabetes Day theme, The Nurse and Diabetes, aims to spread awareness for the integral role nurses play in supporting people with diabetes.

Share the recipe card with a nurse or school nurse who has made a difference in yours or a loved one’s life.