

KEY LIME PIE

Low Carb / Diabetes Friendly, Lower Sodium

Serves: 1/8 of pie

Nutrition (per serving)

Calories: 153

Sodium: 180 mg

Total Fat: 7 g

Total Carbohydrate: 17

Saturated Fat: 5 g

Protein: 3 g



Ingredients

1 1/2 cups small pretzel twists, (2 oz, about 34)

2 Tbsp sliced almonds, toasted

3 Tbsp butter, melted

1 four-serving size package sugar free, low calorie lime flavor gelatin

1 cup boiling water

2 low fat Key lime or Key lime pie flavored yogurt, 6 oz each

1/2 8 oz container frozen light whipped topping, thawed

1 tsp finely shredded lime peel

finely shredded lime peel and/or raspberries as garnish (optional)

Directions

1. Preheat oven to 350 degrees.
2. For crust, in a food processor combine the pretzels and sliced almonds; cover and process until finely crushed. Add butter; cover and process until combined.
3. Press pretzel mixture onto the bottom and up the sides of a 9 inch pie plate.
4. Bake crust for 8-10 minutes or until lightly browned. Cool on a wire rack.
5. Place gelatin in medium bowl. Add the boiling water and stir until gelatin is dissolved (about 2 minutes). Cover and chill about 30 minutes or until partially set (consistency of unbeaten egg whites).
6. Fold yogurt and whipped topping and 1 tsp lime peel into the gelatin.
7. Pour into cooled crust. Chill at least 4 hours. If desired, garnish with additional lime peel or fresh raspberries before serving.