
Light Key Lime Yogurt Pie

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

2 tablespoons cold water

1 tablespoon lime juice

1 package sugar-free lime Jello

4 ounces cream cheese (fat free)

3 containers (6 ounce ea) Key lime pie yogurt (light, fat-free)

1/2 cup frozen Cool Whip Lite® or fat-free, thawed

1 graham cracker crust (reduced fat)

In a saucepan, mix the water and lime juice. Sprinkle the gelatin on the lime mixture. Let stand for 1 minute. Heat over low heat, stirring constantly, until the gelatin dissolves. Cool slightly.

In a medium bowl, beat the cream cheese on medium speed. Add the yogurt and lime juice mixture. Beat on low speed until well blended. Fold in the topping. Pour into the pie crust.

Freeze.

Dessert

Per Serving (excluding unknown items): 4 Calories; trace Fat (2.3% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Fruit.