

Strawberry Mile High Pie

Tess Borsuk

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 nine-inch baked pie crust
OR a nine-inch pie plate
lined with ladyfingers
1 pint sliced strawberries
3/4 cup sugar
2 egg whites
1 tablespoon lemon juice*

In the bowl of a mixer, combine the strawberries, sugar, egg whites and lemon juice. Beat at low speed for 5 minutes.

Increase to high speed and beat for 15 minutes more.

Pour the mixture into the pie crust.

Freeze the pie.

Serve right from the freezer.

Per Serving (excluding unknown items): 717 Calories; 1g Fat (1.5% calories from fat); 9g Protein; 175g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 115mg Sodium. Exchanges: 1 Lean Meat; 2 Fruit; 10 Other Carbohydrates.