

Dessert

Pistachio Pudding Pie

Glenn Williams

Life Care Center of Port St Lucie, FL

Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 3 hours 15 minutes

Chill: 3 hours

1 9-inch fat-free graham cracker crust mix

2 boxes (3.4 oz ea) Jell-O Pistachio Instant Pudding and Pie Filling (can be fat-free and/or sugar-free)

2 3/4 cups milk, whole or skim

1 container (16 oz) fat-free, sugar-free whipped topping

1/4 cup pistachio nuts, peeled and crushed

Place the pudding mix into a medium bowl.

Add the milk to the bowl. Whisk until all of the pudding mix is dissolved and the pudding begins to set.

Pour the pudding mixture into the pie crust.

Sprinkle the pistachio nuts onto the surface of the pie.

Spread the whipped topping evenly on top of the pistachios.

Place the pie into the refrigerator. Chill for at least three hours.

Remove the pie from the refrigerator and serve.

Per Serving (excluding unknown items): 24 Calories; 2g Fat (70.6% calories from fat); 1g Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Fat.