## Vanilla Yogurt Pie

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## Servings: 8

2 cups oats 'n honey granola
1/4 cup sugar
5 tablespoons butter, melted
2 tablespoons cold water
1 tablespoon fresh lemon juice
1 1/2 teaspoons unflavored gelatin
4 ounces fat-free cream cheese, softened
3 containers (5.3 ounce ea) Greek
vanilla yogurt
1/2 cup frozen reduced-fat whipped
topping, thawed
fresh raspberries (optional)
boney (optional)

Preparation Time: 25 minutes Cook Time: 12 minutes

Preheat the oven to 350 degrees.

In a food processor, place the granola. Cover and process until finely ground. Stir in the sugar and the melted butter until well combined. Press the mixture into an ungreased nine-inch pie plate.

Bake for 10 to 12 minutes or until golden brown. Cool completely.

Meanwhile in a one-quart saucepan, mix the cold water and lemon juice. Sprinkle the gelatin on the lemon juice mixture. Let stand 1 minute to soften. Heat over low heat, stirring constantly, until the gelatin is dissolved. Cool slightly, about 2 minutes.

In a medium bowl, beat the cream cheese with an electric mixer on medium speed until smooth. Add the yogurt and lemon juice mixture. Beat on low speed until well blended.

Fold in the whipped topping. Pour into the crust.

Refrigerate until set, about 2-1/2 hours.

Garnish with raspberries and honey.

Per Serving (excluding unknown items): 105 Calories; 7g Fat (61.8% calories from fat); 2g Protein; 8g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 153mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.

Desserts

## Dar Carvina Mutritional Analysis

Calories (kcal): % Calories from Fat: % Calories from Carbohydrates: % Calories from Protein: Total Fat (g): Saturated Fat (g): Monounsaturated Fat (g):	105 61.8% 30.0% 8.2% 7g 5g 2g	Vitamin B6 (mg): Vitamin B12 (mcg): Thiamin B1 (mg): Riboflavin B2 (mg): Folacin (mcg): Niacin (mg): Caffeine (mg): Alcohol (kcal):	trace .1mcg trace trace 6mcg trace 0mg 0
Polyunsaturated Fat (g): Cholesterol (mg): Carbohydrate (g):	trace 21mg 8g	Food Exchanges	በ በ%
Dietary Fiber (g): Protein (g): Sodium (mg):	trace 2g 153mg	Grain (Starch): Lean Meat: Vegetable:	0 1/2 0
Potassium (mg): Calcium (mg): Iron (mg):	28mg 29mg trace	Fruit: Non-Fat Milk: Fat:	0 0 1 1/2
Zinc (mg): Vitamin C (mg): Vitamin A (i.u.): Vitamin A (r.e.):	trace 1mg 403IU 106 1/2RE	Other Carbohydrates:	1/2

## Nutrition Facts

Servings per Recipe: 8

Amount Per Serving			
Calories 105	Calories from Fat: 65		
	% Daily Values*		
Total Fat 7g	11%		
Saturated Fat 5g	23%		
Cholesterol 21mg	7%		
Sodium 153mg	6%		
Total Carbohydrates 8g	3%		
Dietary Fiber trace	0%		
Protein 2g			
Vitamin A	8%		
Vitamin C	1%		
Calcium	3%		
Iron	0%		

<sup>\*</sup> Percent Daily Values are based on a 2000 calorie diet.