



## Key Lime Pies

By Dena McDowell, MS, RD

Servings: 12

(1 mini pie per person)

Ingredients	Nutrient value per serving *
2 6-packs of mini graham cracker crusts 2 c. fat-free sweetened condensed milk 1½ c. vanilla Greek yogurt 1 c. freshly squeezed Key lime juice 1 T. grated Key lime zest 1 aerosol can fat-free whipped cream topping, optional	Exchanges ..... 2 starch ..... 1 protein ..... 1 fat ..... 1 free Calories .....234 Calories from Fat.....40 Total Fat.....5 g Saturated Fat .....0 g Cholesterol.....0 mg Sodium .....174 mg Carbohydrate .....40 g Fiber.....0 g Sugar ..... 40 g Protein.....8 g
Directions	Notes
<ol style="list-style-type: none"> <li>1. Preheat oven to 350°F. Place mini graham cracker crusts onto a baking sheet. Bake crusts for 5 min. Remove pan from oven and let cool.</li> <li>2. In a bowl, whisk together the condensed milk, Greek yogurt, lime juice and lime zest until smooth. Pour the filling into the graham cracker crusts, filling to the top.</li> <li>3. Bake in oven for additional 5 min. Refrigerate for 1 hr. or until completely cooled and set. Top each mini pie with a Key lime slice and a spritz of whipped cream, if using.</li> </ol>	<p>Prep time: 30 min.; 1 hr. to chill.</p> <p>Sweet and sour is the name of the game for this recipe. Use fresh Key limes to balance the sweetness of the pie. The Greek yogurt adds protein and calcium to this dessert.</p> <p>* Whipped cream topping and Key lime slices are not included in the nutritional analysis.</p>