

C's Fresh Berry Summer Pie

This is not a "Sugar Free" pie, but rather a no sugar added pie.

Make it a day ahead of needing it.

Remove frozen Cool Whip and let it thaw about 20 minutes. Prepare a removable bottom 10" tart pan by spraying it with cooking spray and set aside.

Preheat oven to 350 degrees.

Ingredients:

Crust:

**38 Ginger Snaps
1/3 cup Smart Balance Non-Hydrogenated Shortening
3 Tbsp. Splenda or Equal**

Filling:

**8 oz. Low-Fat Lemon Yogurt
1/3 cup Low-Fat Cool Whip**

Topping:

**A Hand-full of each: raspberries, blueberries, boysenberries or strawberries
1/3 cup Simply Fruit Apricot Preserves
2 Tbsp. Water**

Directions:

While the Cool Whip is thawing until creamy;

- 1. Put the Ginger Snaps and Splenda in a large zip-lock bag and roll out until well ground. Pour into a medium sized bowl and cut in shortening with a pastry blender or forks until crumbly in appearance. Press firmly into prepared tart pan on bottom and sides. Bake in preheated oven for 8 minutes. Remove and let cool.**
- 2. In a bowl whip together yogurt and Cool Whip until smooth and creamy. Pour into cooled shell and refrigerate for several hours until set.**
- 3. Arrange fruit atop chilled pie shell.**
- 4. Whisk together jelly and water and using a pastry brush, gently brush over fruit. Garnish with a few mint leaves.**

5. Serve immediately and enjoy!

Serving Size: 3 inches

9 g. protein, 28 g. carbs, >3g. fat