



LIVEWELL BERRY CREAM PIE

ingredients:

4 ounces graham crackers
(7 1/2 full sheets or 15 squares)
3 Tablespoons plant butter (melted)
1 1/4 cups nonfat, blended blueberry
Greek yogurt
3/4 cup cold fat-free milk
3.4-ounce box instant vanilla pudding

1 cup blueberries, divided
1 cup raspberries, divided
1 cup blackberries, divided
1/2 cup sliced strawberries
2 cups frozen fat-free whipped
topping, thawed, divided

directions:

1. Preheat oven to 350° F.
2. In a food processor, process graham crackers into fine crumbs.
3. In a small bowl, combine the crumbs and melted butter. Transfer to an ungreased 9-inch pie pan and distribute the crust mixture evenly, pressing it against the pan with your hands or the bottom of a measuring cup. Bake 8 minutes. Remove from oven and let cool.
4. Whisk yogurt and milk in medium bowl until blended. Add dry pudding mix. Beat for 2 minutes.
5. Fold in 1/2 cup blueberries, 1/2 cup raspberries, 1/2 cup blackberries and 1 cup thawed whipped topping. Pour into crust.
6. Cover and refrigerate 4 hours or until firm.
7. Before serving, spread remaining 1 cup of thawed whipped topping on top and decorate with remaining berries.

Yield: 8 servings

Nutrition Information Per Serving:

241 Calories
6 grams Fat
1 gram Saturated Fat
3 mg Cholesterol
269 mg Sodium
41 grams Carbohydrates
3.5 grams Fiber
6 grams Protein

Food exchanges:
1/2 milk, 1 fruit,
1 1/2 starch, 1 fat



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