



CHOCOLATE PIE

ingredients:

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| 5.9-ounce package instant chocolate pudding mix | 1 Tablespoon cocoa powder |
| 3 cups fat-free milk | 5 Tablespoons sugar |
| 1 1/2 cups finely-crushed graham crackers (about 21 squares) | 8 ounces fat-free cream cheese, room temperature |
| 1/4 cup margarine, melted | 1 cup fresh raspberries |

directions:

1. Preheat oven to 400 degrees F. In a medium-sized bowl, whisk chocolate pudding mix and fat free milk for 2 minutes.
2. Place in refrigerator to chill. In a medium-sized bowl, combine crushed graham crackers, margarine and cocoa powder and mix well.
3. Transfer crumb mixture to a 9 x 13-inch pan and pat down evenly to form a flat crust. Place pan in oven and bake for 5 minutes. Cool on cooling rack while preparing pie filling.
4. Place cream cheese in a medium-sized bowl and beat until creamy. Slowly beat in the sugar and 1 1/2 cups of the chocolate pudding. Cover the crust with the mixture and place in refrigerator for one hour to set. Remove and top with remaining chocolate pudding and raspberries.

Yield: 20 servings

Nutrition Information Per Serving:

Calories: 118
Fat: 3 grams
Saturated fat: 0.5 grams
Cholesterol: 2 mg
Sodium: 194 mg
Carbohydrates: 19 grams
Fiber: 1 gram
Protein: 4 grams
Calcium: 89 mg

Food exchanges:
1 starch, 1 fat

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