

Lemon Icebox Pie

- 3 lemons
- 1 can fat free sweetened condensed milk
- 1 reduced fat graham cracker pie shell
- 1/2 cup fat free whipped topping

Makes 8 portions, 1 slice each

Per portion

Calories:	245
Carbohydrate:	51 grams
Protein:	5 grams
Fat:	4 grams
Saturated fat:	0
Cholesterol:	5 milligrams
Sodium:	155 milligrams
Dietary fiber:	2 grams

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1. Juice lemons. If not using a juicer, place lemons in microwave for 30 seconds to soften. Cut lemons in half and mash with spoon to get the juice.
 2. Mix juice from lemons and sweetened condensed milk together.
 3. Put into pie shell and refrigerate until set.
 4. Top each slice with 1 tablespoon fat free whipped topping.