

Fruit Pie

- 1 small carton (6 to 8 ounces) fat free fruit flavored yogurt
- 1 cup fresh fruit (to match yogurt flavor)
- 1 small carton (8 ounces) fat free whipped topping
- 1 reduced fat graham cracker pie shell

Makes 8 portions, 1 slice each

Per portion

Calories:	173
Carbohydrate:	31 grams
Protein:	2 grams
Fat:	4 grams
Saturated fat:	1 gram
Cholesterol:	2 milligrams
Sodium:	129 milligrams
Dietary fiber:	0

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1. If using fresh fruit, wash it.
 2. Fold together yogurt, fruit, and whipped topping. Pour into pie shell.
 3. Refrigerate at least 3 hours or overnight.

This recipe is good with sliced strawberries, diced peaches, blueberries, or canned mandarin oranges.