

Peppermint Pie

Ingredients:

Crust

- 4 sheets (16 crackers) chocolate graham crackers
- 2 tbsp. light whipped butter, melted

Filling

- 1/2 cup fat-free sweetened condensed milk
- 1/4 cup fat-free milk
- 1 small (4-serving) box Jell-O Sugar Free Fat Free Vanilla Instant pudding mix
- 8 oz tub Cool Whip Free, thawed
- 3 tbsp. mini semi-sweet chocolate chips
- 2 standard-sized peppermint candy canes, lightly crushed, divided

Directions:

1. Preheat oven to 400 degrees.
2. Crush graham crackers in a food processor or blender, transfer crumbs to a bowl, add butter and mix until uniform.
3. Spray a pie pan with nonstick spray. Evenly distribute crust mixture along the bottom of the pie pan, using your hands or a flat utensil to firmly press and form the crust.
4. Bake crust in the oven until firm, 8 - 10 minutes. Set aside to cool.
5. Combine condensed milk, milk, and pudding mix in a large bowl. Mix well. Fold in Cool Whip until smooth. Gently stir in chocolate chips and about 3/4 of the candy cane pieces.
6. Once crust has cooled completely, evenly pour filling into the pan.
7. Refrigerate until firm and chilled, at least 2 hours. (Overnight is best.)

MAKES 8 SERVINGS

Serving Size: 1 slice

Calories: 202

Fat: 4.5g

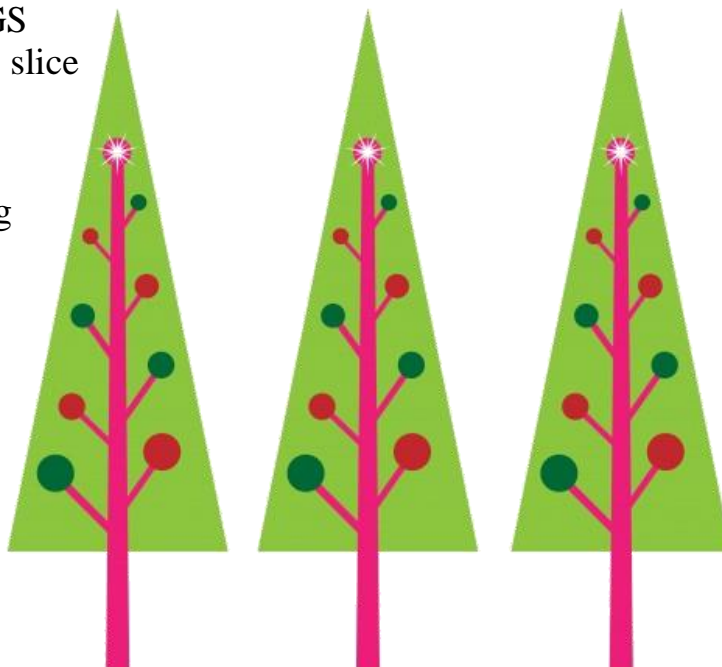
Sodium: 250mg

Carbs: 37g

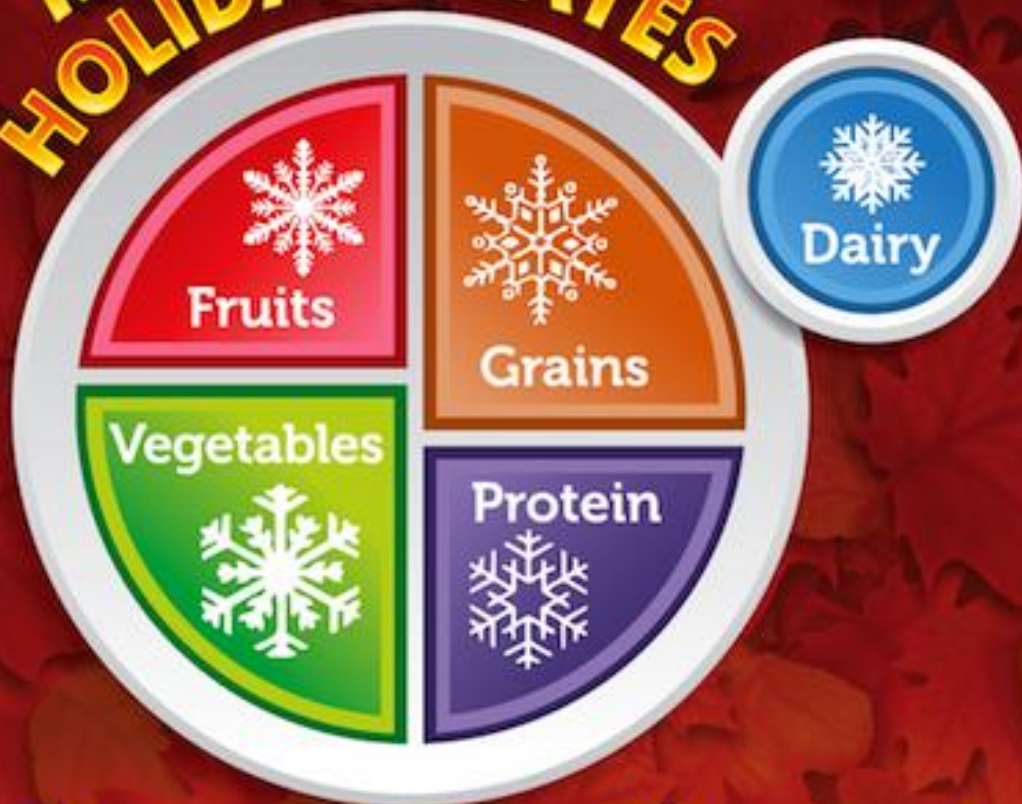
Fiber: 0.25g

Sugars: 24g

Protein: 2.5g



MAKE HEALTHY HOLIDAY PLATES



Healthy Plate Tips For Holiday Survival

- * Fill appetizer plates with vegetables.
- * Keep healthy snacks with you when you are on the go.
- * Fill dessert plates with fruits.
- * Make a healthy plate for lunch and dinner.
- * Eat a healthy snack plate with fruits and vegetables before going to parties.

Vegetables

Fill half your plate with fruits and veggies in holiday colors.



Fruits

Fruits add color, spirit and flavor to desserts.



Grains

Make stuffings with whole grain bread and brown rice.



Protein

Turkey breast is always the leanest holiday choice.
Keep the gravy low in fat.



Dairy

Yogurt makes a great party dip.
Blend skim milk with bananas to make a healthy, smoothie-like banana nog.

