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Lime Chiffon Pie (Healthy Living)

Prep Time: 10 min Total Time: 4 hr 30 min Makes: 8

Ingredients

- 2/3 cup boiling water
- 1 pkg. (4-serving size) *Jell-O* Brand Lime Flavor Sugar Free Low Calorie Gelatin
- Ice cubes
- 1/2 cup cold water
- 1-1/2 tsp. grated lime peel
- 2 Tbsp. lime juice
- 2 cups thawed Cool Whip Free Whipped Topping, divided
- 1 ready-to-use reduced fat graham cracker crumb crust (6 oz.)



Lime Chiffon Pie (Healthy Living)(2/2)

Directions

- STIR boiling water into gelatin in large bowl at least 2 minutes until completely dissolved. Add enough ice to cold water to measure 1 cup. Add to gelatin; stir until ice is completely melted. Stir in lime peel and juice.
- **2 ADD** whipped topping; stir with wire whisk until well blended. Refrigerate 15 to 20 minutes or until mixture is very thick and will mound. Spoon into crust.
- **3 REFRIGERATE** at least 4 hours or overnight. Store leftover pie in refrigerator.

NUTRITION (PER SERVING): CALORIES 130, FAT 4.5 g (SAT 1.5 g), CHOL 0 mg, SODIUM 125 mg, CARB 21 g, FIBER 0 g, SUGARS 9 g, PROTEIN 2 g, DV VIT A 0%, DV VIT C 0%, DV CALCIUM 0%, DV IRON 2%

Special Extra

Garnish with thin lime wedges and/or lime zest.

Lemon Chiffon Pie

Prepare as directed, using *Jell-O* Brand Lemon Flavor Sugar Free Low Calorie Gelatin, lemon peel and lemon juice.

Nutrition Bonus:

Indulge without feeling guilty. This melt-in-your-mouth chiffon pie can fit into your healthful meal plan!

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