



Frozen Yogurt Pie

Serves twelve

2 cups (180 grs) of Graham cracker or Maria or Vanilla wafer crumbs

½ cup (63 grams) finely chopped walnuts

1/3 cup (67 grams) of sugar

8 TBS melted unsalted butter – cooled down

1 – 8 oz. (226 grs) package of cream cheese – at room temperature

½ cup (125 ml) plain yogurt

1/3 cup (113 grams) of honey

1 tsp. vanilla extract

Butter a 13 inch pie dish and set it aside. Heat your oven to 375 degrees F.

Place the cookie crumbs, walnuts and sugar in a bowl. Mix well. Add the melted butter and mix thoroughly until it is all incorporated. Dump the crumbs into the pie pan and press them down until you have a uniform layer. Include the sides. Place the pan in the oven and bake for 7 minutes and remove from oven and cool down completely.

Place the cream cheese, yogurt, vanilla and honey in a bowl and beat until creamy and uniform. Transfer the cream into the cooled pie shell and spread evenly. Cover the pie dish with foil without touching the cream and freeze overnight.

Remove the pie from the freezer and allow sitting for about 5 minutes until a bit softened. Slice and serve as is or with your favorite fruits. Enjoy!

Pie no toppings - CALORIES 283.44; FAT 18.26 grs (sat 8.91; mono 4.09; poly 2.86); PROTEIN 3.54 grs ; FIBER 0.60 grs; CARBS 27.77 grs; CHOLESTEROL 41.75 mg; IRON 1.19 mg; SODIUM 152.16 mg; CALCIUM 44.90 mg