

Raspberry Vanilla Cream Pie

- 2 cups nonfat *vanilla yogurt* (16 ounces)
- 1 10-oz package *frozen raspberries* in syrup, thawed
- 1 envelope unflavored *gelatin*
- 1 ready-made chocolate cookie *pie crust*



- 1 Drain yogurt for at least 2 hours, or overnight, in a cheesecloth-lined colander to remove excess water.
- 2 As berries thaw in 1-2 hours, drain syrup into a small saucepan; reserve berries.
- 3 Sprinkle gelatin over 1/4 cup syrup and let soften 1 minute; stir over low heat just until gelatin is dissolved.
- 4 Place yogurt in a large bowl and whisk in gelatin syrup.
- 5 Fold in berries gently and pour into crust; cover and refrigerate 2 hours, or until set.



MAKES 8 SERVINGS.

Per serving:	179 calories	5.3g protein	5.5g fat	28g carbs	2.3g fiber	179mg sodium
---------------------	--------------	--------------	----------	-----------	------------	--------------