



RECIPE OF THE Month

Raspberry Vanilla Cream Pie

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

- 1 Drain yogurt in the fridge 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 | 1g saturated fat | 1g cholesterol | 28g carbs | 2.3g fiber | 179mg sodium