Cooking Light's Key Lime Pie

For the Crust:

1 cup Graham Cracker Crumbs

1 tablespoon Brown Sugar

1/8 Salt

1 ounce Premium White Chocolate (grated or finely chopped) (2 1/2 Tablespoons)

2 tablespoons Butter (melted and cooled)

1 tablespoon Canola Oil

Cooking Spray

For the Filling:

1/2 cup Plain 2% Reduced-Fat Greek Yogurt

1/2 cup fresh Key Lime Juice or fresh Lime Juice (This takes 3 small limes juiced)

3 large Egg Yolks

1 14-ounce can Fat-Free Sweetened Condensed Milk (I used Low Fat, could not find fat free)

3/4 cup Frozen Fat-Free Whipped Topping (thawed)

Preheat oven to 350F.

For the Crust:

Combine crumbs, sugar, salt and chocolate in a bowl, stirring well to combine.

Add butter and oil; toss with a fork until moist.

Press crumb mixture into bottom and up sides of a 9-inch pie plate coated with cooking spray.

Bake at 350 F for 8 to 10 minutes or until beginning to brown.

Cool completely on a wire rack.

For the Filling:

Place yogurt and next 4 ingredients (through milk) in a bowl.

Beat with a mixer at medium speed for 2 minutes.

Pour mixture into prepared crust.

Bake at 350F for 14-16 minutes or until set.

Cool pie completely on a wire rack.

Cover loosely, and chill at least 2 hours. Serve with whipped topping.

Nutritional Information

Amount per serving

• Calories: 280

Fat: 8.9g

Saturated fat: 3.6g

Monounsaturated fat: 3.4gPolyunsaturated fat: 1.3g

Protein: 6.6g

Carbohydrate: 43.2g

• Fiber: 0.4g

Cholesterol: 84mg

Iron: 0.6mg

Sodium: 147mgCalcium: 144mg