

**Friend of CCY88**

## Reduced Fat Icebox Key Lime Pie

**GOAL:** They may seem cool, refreshing and light, but in fact most icebox key lime pies are loaded with fat and calories from full-fat cream cheese, sweetened condensed milk, and buttery graham cracker crusts. We judiciously pick and choose among reduced fat and fat-free ingredients to replicate the cool, creamy texture and bright lime pucker of the original—with just half the calories and one-third the fat. (Plus we come up with a neat trick to slim down the crust.)

**REDUCED-FAT ICEBOX KEY LIME PIE**

Serves 8

Thick and creamy Greek yogurt should not be replaced with thinner regular yogurt.

- 8 low-fat graham crackers, broken into rough pieces
- 1 tablespoon sugar
- 3 tablespoons unsalted butter, melted
- 4 ounces Neufchatel (1/3 less fat) cream cheese, softened
- ¾ cup juice and 2 tablespoons grated zest from 6 limes
- 1½ teaspoons unflavored gelatin
- 1 (14-ounce) can fat-free sweetened condensed milk
- ½ cup fat-free Greek yogurt (see note)
- 1 teaspoon vanilla extract

**1. MAKE CRUST** Adjust oven rack to middle position and heat oven to 350 degrees. Grind graham crackers and sugar in food processor to fine crumbs. Add butter and 1 tablespoon cream cheese and pulse until combined. Press crumbs into bottom and sides of 9-inch pie plate. Bake until lightly browned and set, 12 to 14 minutes. Cool completely.

**2. MAKE FILLING** Combine 3 tablespoons lime juice and gelatin in small bowl and let sit until gelatin softens, about 5 minutes. Microwave until mixture is bubbling around edges and gelatin dissolves, about 30 seconds. Wipe out food processor and process condensed milk, yogurt, and remaining cream cheese until smooth, about 1 minute. With machine running, pour in gelatin mixture, remaining lime juice, zest, and vanilla and process until thoroughly combined.

**3. CHILL PIE** Scrape mixture into cooled pie shell and smooth top. Cover with plastic wrap and refrigerate until firm, at least 3 hours or up to 2 days. Serve.

**The Numbers...**

All nutritional information is for one slice of pie.

**Traditional Icebox Key Lime Pie**

CALORIES 620

FAT 33g

SATURATED FAT 21g

**Cook's Country Reduced-Fat Icebox Key Lime Pie**

CALORIES 310

FAT 9g

SATURATED FAT 5g