



STRAWBERRY CLOUD PIE

Advanced Lifestyle

Ingredients

2 cups Fiber One cereal
4 TBS Land O'Lakes Whipped Light Butter, melted
1 large box (or 2 small) JELL-O Sugar-Free Gelatin mix, strawberry
1-1/2 cups Cool Whip Free

Instructions

1. Preheat the oven to 350°.
2. In a blender or food processor, grind Fiber One to a breadcrumb-like consistency. Combine the crumbs with melted butter and stir until well mixed.
3. In an oven-safe pie dish sprayed with nonstick spray, evenly distribute Fiber One mixture, using your hands or a flat utensil to press and form the crust. Use your fingers to press it into the edges and up along the sides of the dish. Bake pie crust for 10 minutes. Set aside.
4. In a separate dish, dissolve the gelatin mix into 2 cups boiling water. Stir for 2 minutes, or until completely dissolved. Stir in 1 cup of cold water, and place in fridge for about 1-1/2 hours, but NO LONGER (Jell-O should be jiggly, but not firm).
5. Use a mixer to fold in Cool Whip. Once mixture is very well blended, pour evenly into pie crust. Use a flat utensil to smooth out surface. Refrigerate for several hours until firm.*

Portion-Per-Serving Information (Yields 8 servings):

1 serving = 1/8 pie = 1 FR (use as your "treat" or 3rd fruit of the day)

*Optional: Garnish the top with sliced strawberries before serving.