

Cooking Demo

No-Bake Key Lime Pie

On a warm summer's day there is nothing better than the balance of sweet and tart found in a fluffy slice of key lime pie. It may seem light and fresh, but a slice of traditional key lime pie can add up to a whopping 300-500 calories of fluff! Try this fresh and healthy recipe instead.



Yield:
8 servings

Serving size:
½ cup

Cost per serving:
88¢

Cost per recipe:
\$7.00



Ingredients:

4 cups non-fat, plain Greek yogurt
Juice of 4 limes
3 tbsp. sugar
6 graham cracker sheets, crushed

Directions:

Mix together yogurt, lime juice, and sugar.

Crush graham crackers and use as topping or crust for yogurt mixture.

Recipe from: <http://meredithvieirashow.com/articles/331623/>
Modified by Ashley Denton, RDN, LD

Compare our healthy no-bake recipe to a slice of Edwards Key Lime Pie.

Healthy No-Bake Key Lime Pie
Nutrition Information
Serving size: 1/2 cup
Calories: 136
Total Fat: 1 g
Saturated Fat: 0 g
Monounsaturated Fat: 0 g
Polyunsaturated Fat: 1 g
Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 103 mg
Potassium: 45 mg
Total Carbohydrate: 20 g
Dietary Fiber: 0 g
Sugars: 13 g
Protein: 12



As you can see, our healthy no-bake key lime pie will save you about 200 calories! Not to mention, the saturated fat, and added sugar that adds up in the traditional pie.

Edwards Key Lime Pie
Nutrition Information
Serving size: 1 slice
Calories: 330
Total Fat: 16 g
Saturated Fat: 12 g
Monounsaturated Fat: 0 g
Polyunsaturated Fat: 0 g
Trans Fat: 0 g
Cholesterol: 50 mg
Sodium: 240 mg
Potassium: 170 mg
Total Carbohydrate: 42 g
Dietary Fiber: 0 g
Sugars: 42 g
Protein: 4 g

Want to give this healthy recipe even more of a nutrition boost?

Put **1 cup of walnuts** into a blender with the graham crackers and pulse a few times until well blended. Now your graham cracker topping is power packed with antioxidants, healthy fats, and protein!

Greek yogurt — healthy or hype?

Greek yogurt has been strained in a way that removes some of the liquid, resulting in a thicker consistency than unstrained regular yogurt. The result is a creamy texture and an increase in protein content. Most Greek yogurt has about double the amount of protein compared to regular yogurt. Greek yogurt does tend to have a little less calcium compared to regular yogurt, but is still a great source of calcium.

10 more ways to use non-fat plain Greek yogurt:

Plain Greek yogurt has not been sweetened with added sugar and has a tangy taste. If you want to sweeten it up, try not to add too much sugar.

1. Put it in the blender with some frozen fruit and ice for a smoothie.
2. Top it with fresh fruit and/or granola.
3. Combine with a bit of peanut butter and cinnamon to make a fruit dip.
4. If you must add sugar, limit it to about 1 teaspoon of honey per cup. Honey counts toward your added sugar allotment and breaks down in your body pretty much the same way sugar does, so don't overdo it.

Get creative and consider **savory** ways to have this protein packed snack as well. The creamy texture of Greek yogurt acts as a great substitute for high fat dips.

5. Use it in place of sour cream.
6. Use it to make your own low-fat ranch: mix 1 cup yogurt, 1/3 cup buttermilk, and 1 ranch mix packet.
7. Use it in place of mayonnaise in recipes like deviled eggs.
8. Mix with lemon juice, capers, and dill to make a sauce for grilled salmon.
9. Combine with minced garlic, fresh herbs, and olive oil for an instant creamy dressing.
10. Combine yogurt, diced cucumbers, garlic, and olive oil to make a Mediterranean dip for whole grain pita bread.