Heart Healthy Dessert Recipe of the Month:

March 2016

PEEPS® Lime Pie

Makes one standard-size pie; cut into 8 slices

Ingredients

1 reduced-fat graham cracker crust
1 can (14 oz) sweetened condensed milk
1/2 cup lime juice
1 envelope Lemon Lime Unsweetened Soft Drink Mix
(Kool-Aid or other brand)
1 tub (8 oz) Fat-Free Whipped Topping, thawed and divided
(Cool Whip or other brand)
8 Lime Delight Marshmallow PEEPS® chicks

Directions

1. Mix sweetened condensed milk, lime juice and lemon lime drink mix in large bowl, stirring to combine well.
2. Whisk in 2-1/2 cups of whipped topping and pour into crust.
3. Freeze 6 hours. Remove from freezer 15 min. before serving; let stand at room temperature until slightly softened.
4. Top each slice with a dollop of remaining whipped topping and a Lime Delight Marshmallow PEEPS Chick

Nutritional Information (ESTIMATED)

Serving Size: 1 slice
Calories 256
Total Fat 4.8g (7%)
Cholesterol 17mg (6%)
Sodium 96mg (4%)
Potassium 201mg (6%)
Total Carbs 47.8g (16%)
Sugars 38.6 g
Protein 4.3g

*Based on a 2000 calorie diet

Adapted from: https://www.marshmallowpeeps.com/cookin-with-peeps/recipe-detail/peeps-lime-pie

PIMA COUNTY
HEALTH DEPARTMENT