

Betty's Light Lemon Pie Recipe



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In this video, Betty demonstrates how to make a luscious Light Lemon Pie. I substituted low fat/low sugar substitutes for almost every ingredient in this pie, yet it tastes indulgent and scrumptious! This is a great dessert if you are watching fat/sugar/calories!

Ingredients:

1 small package lemon-flavored gelatin (I used a small package of sugar-free Jello.)
1 1/2 tablespoons sugar (You may substitute an artificial sweetener in place of the sugar.)
1 cup boiling water
1/4 cup cold water
2 tablespoons lemon juice (You may use freshly-squeezed lemon juice or bottle lemon juice.)
6-oz to 8-oz. carton lemon-flavored yogurt (I used 6-oz. "lite" lemon yogurt.)
8-oz container frozen whipped topping, thawed (I used 8-oz. fat-free whipped topping; it is also available in the sugar-free variety.)
1 to 2 teaspoons grated lemon rind
9-oz. graham cracker crust--10-inch diameter (I used a reduced-fat "ready-to-serve" graham cracker crust.)
whipped topping, grated lemon rind, lemon slices, for garnish

In a large mixing bowl, combine a small package of lemon-flavored Jello, 1 1/2 tablespoons sugar, and 1 cup boiling water. Stir for a few minutes, until the gelatin dissolves. Stir in 1/4 cup cold water and 2 tablespoons lemon juice. Chill about an hour, or until the mixture is the consistency of unbeaten egg whites. Fold 6-oz. to 8-oz. lemon yogurt, 8 oz. thawed whipped topping, and 1 to 2 teaspoons lemon rind into gelatin mixture. Pour into crust. Chill at least 3 hours, or until firmly set. Garnish with whipped topping, lemon rind, and sliced lemon, if desired. This is a great pdessert for all of you who are trying to cut back on sugar, fat, and calories. With some minor changes, you can make it completely sugar-free for diabetics. It is also extremely easy to make, looks elegant, and tastes terrific! Enjoy!!! --Betty