



Grasshopper Pie

INGREDIENTS:

4 each Egg whites, (not egg white beaters)
Pinch Cream of tartar
2 Tablespoons Sugar
2 cups Marshmallows, melted
2 Tablespoons Butter
2 cups Fat free cool whip
¼ cup Crème de menthe
2 Tablespoon Crème de Cocoa

Crust

1 cup Chocolate graham crackers, crushed
1 teaspoon Canola oil
1 each Egg white (for crust)
¼ cup Mini chocolate chips for garnish

PREPARATION:

- Preheat oven to 350°F
- Spray pie pan with nonstick spray, very lightly.
- Make crust mixture and pat down in pan to form an even pie crust.
- Crust maybe a little sticky, but this prevents us from adding too much fat.
- Bake in oven for about 15-20 minutes, then set aside and cool.
- Separate egg whites from egg yolks and place in medium sized mixing bowl. Let come to room temperature, this helps the egg whites whip really well.
- Once egg whites have come to room temperature add a pinch of cream of tartar and start to beat with hand mixer or standing mixer.
- Once eggs start to foam, gradually add sugar.
- Egg whites need to form stiff peaks and mixture will look really glossy.
- Then place butter and marshmallows in microwavable bowl, and melt. Stir every 3 minutes for about 6-8 minutes.
- Then add both liqueurs to marshmallow butter mixture, set aside and let cool.
- Then fold fat free cool whip into egg whites along with the melted marshmallows and butter mixture. Mix until all ingredients are evenly distributed.
- Place mixture in cooled chocolate pie crust, and then garnish with mini- chocolate chips, and freeze for at least 4 hours.
- Enjoy!





Optional garnish: crushed reduced fat Oreos, or chocolate graham crackers. Even a trifle may be made alternating either crumb or then the mousse mixture.

Number of Servings: 12

Serving Size: 1/12 piece of pie

Calories: 130

Fat grams: 3.5

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