

1 MASTER RECIPE

ICE CREAM PIES

5 VARIATIONS

ACTIVE: 25 MINUTES

TOTAL: 5 HOURS

40 MINUTES (including
5 hours chilling time)

EQUIPMENT: 9-inch pie
pan (not deep-dish)

TO MAKE AHEAD: Once
frozen, wrap and freeze for up
to 5 days.

● CALORIE BOOST

● SORE MOUTH OR
THROAT

🥕 VEGETARIAN

ICE CREAM PIES

In the mood for a soothing slice of cool and creamy pie? With this master recipe you can vary the crusts and flavorings to create exactly what your taste buds are craving. Compared with traditional ice cream pies, our lightened-up versions cut saturated fat by half, and boost flavor with fresh ingredients.

CRUST

2 cups coarsely crumbled
graham crackers, ginger
or chocolate snaps
3 tablespoons canola oil

FILLING

$\frac{3}{4}$ cup heavy cream
 $\frac{1}{3}$ cup sugar
1 cup nonfat vanilla Greek
yogurt

FLAVORING & TOPPING

1. Heat oven to 350°F. Coat a 9-inch pie pan with cooking spray. Place crumbled graham crackers (or snaps) in a food processor and process until finely ground. Add oil and process until well combined. Using your fingertips, press the crumb mixture into the bottom and up the sides of the prepared pan. Bake for 10 to 12 minutes. Let cool completely before filling.
2. Whip cream in a medium bowl with an electric mixer until starting to thicken. Add sugar and continue whipping until stiff peaks form. Gently fold in yogurt. Fold in **FLAVORING**. Spread the mixture into the cooled crust.
3. Decorate with **TOPPING**.
4. Freeze until very firm, at least 5 hours. To serve, let the pie stand at room temperature until softened slightly, about 15 minutes, before slicing.

SERVES 8



MANGO-COCONUT

FLAVORING: 1 ripe mango, finely chopped,
1 small banana, pureed, ½ tsp. coconut extract

TOPPING: 2 Tbsp. toasted coconut flakes

Calories 301, Fat 16g (sat 7g), Cholesterol 31mg, Carbs 35g,
Total sugars 22g (added 12g), Protein 5g, Fiber 2g, Sodium 118mg,
Potassium 248mg.

GRASSHOPPER

FLAVORING: ¼ tsp. peppermint extract,
2-4 drops green natural food dye

TOPPING: ¼ cup crumbled chocolate snaps

Calories 277, Fat 17g (sat 6g), Cholesterol 31mg, Carbs 27g,
Total sugars 19g (added 17g), Protein 5g, Fiber 1g, Sodium 136mg,
Potassium 59mg.

STRAWBERRY-LIME

FLAVORING: 1 cup sliced strawberries, pureed,
2 Tbsp. white rum, 2 tsp. lime zest

TOPPING: 1 cup sliced strawberries, 1 tsp. lime zest

Calories 258, Fat 15g (sat 6g), Cholesterol 31mg, Carbs 25g,
Total sugars 17g (added 14g), Protein 4g, Fiber 1g, Sodium 89mg,
Potassium 143mg.

MOCHA

FLAVORING: 1 Tbsp. cocoa powder plus 2 tsp. instant
espresso *or* coffee powder dissolved in 2 Tbsp. water

TOPPING: ¼ cup chocolate-covered espresso beans,
chopped

Calories 289, Fat 18g (sat 6g), Cholesterol 31mg, Carbs 29g,
Total sugars 20g (added 18g), Protein 5g, Fiber 1g, Sodium 125mg,
Potassium 78mg.

BLACKBERRY-LEMON

FLAVORING: 2 cups blackberries, pureed and strained
through a fine sieve, 2 tsp. lemon zest

TOPPING: 1 cup blackberries

Calories 279, Fat 16g (sat 6g), Cholesterol 31mg, Carbs 31g,
Total sugars 17g (added 12g), Protein 5g, Fiber 3g, Sodium 117mg,
Potassium 213mg.

