



# Frozen Strawberry Pie

A cool treat that's easy to make! This isn't your average frozen pie. With a crisp chocolate shell, it's never soggy, and it has strawberries at every turn. The yogurt gives it a rich creamy taste, but it's actually low in fat. With chia gel mixed in, it's also easy to stop after eating a small slice.

## Ingredients

- 4 oz. low fat cream cheese
- 1/2 cup sugar
- 1 tsp vanilla
- 2 cups fresh or frozen strawberries (chopped)
- 1 low fat (or non-fat) strawberry yogurt
- 1/2 cup strawberry puree
- 1/2 cup non-fat sour cream
- 3 tbsp MySeeds Chia gel
- 1 cup fat free whipped topping

## Pie Shell

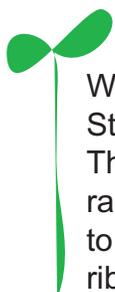
- 1 pre-made graham or chocolate pie crust
- 1/2 cup semi-sweet chocolate chips

First, melt the chocolate chips. Using a microwave safe cup, heat for short periods, stirring frequently. Once the chips are melted & smooth, spread the chocolate into your ready-made pie crust. Spread thinly on the sides, so that it's easy to cut later on. Once the crust is coated, set it aside to cool while you make the rest of the pie.



In a large bowl, combine the cream cheese, sugar, vanilla, sour cream, and yogurt. Mix or beat well with a hand mixer until everything is smooth and creamy. Next, rinse, dry and chop the strawberries. The pieces should be less than bite size. With a large spoon, carefully fold the strawberries into the mixture, then add the chia gel. Last, fold in the whipped topping or whipped cream.

Pour the mixture into the pie shell, cover with the lid, or use tinfoil, and freeze. This will take about 4 hours to freeze all the way through, and will keep in the freezer for at least a week, if kept well covered--but it is unlikely to last that long!



Why are strawberries good for you?

Strawberries are delicious, but they are also nutritious. They have high levels of vitamin C. They also contain significant levels of phytonutrients and antioxidants, which fight free radicals. The free radical fighting action is linked to the red coloration of the berries. Be sure to choose dark red berries for the best benefits! Strawberries also contain manganese, riboflavin and folic acid.

**Did You Know....**