

Healthier Key Lime Pie Cups



Ingredients

- 1 can fat-free sweetened condensed milk
- 1 cup low-fat graham crackers, crumbled
- 1 large container fat-free cool whip, thawed
- ¾ cup key lime juice
- 2 limes, sliced into wedges

Directions:

- 1. In a large bowl beat the condensed milk and lime juice.
- 2. Fold the cool whip into the mixture and continue to mix until well blended.
- 3. Distribute the graham cracker crumbles between the 8 glasses.
- 4. Add the filling mixture on top of the graham cracker.
- 5. Cover the cups and refrigerate for at least two hours.
- 6. Garnish with a lime wedge, serve and enjoy!

Yield 8 servings, serving size: 1 serving. Calories: 222. Fat: 3 g. Cholesterol: 0 mg. Sodium 147 g. Carbohydrates: 46 g. Fiber: 1 g. Sugar: 34 g. Protein: 5.5 g.

*These facts may vary based on size, amount, and brand use. This information is only a guide.