

Low Carb Pie

Ingredients

- 1 box sugar free jello
- 1/4 C. boiling water
- 2 - 8 oz. containers low carb yogurt
- 8 oz. sugar free cool whip
- 1 - 9" low fat almond flour crust (see recipe below)

Directions

- Dissolve jello in boiling water. Cool slightly.
 - Stir in yogurt.
 - Fold in cool whip.
 - Pour into crust and chill.
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* Low Carb Almond Pie Crust

Ingredients:

- 1 and 1/2 cups almond meal or almond flour
- 3 tablespoons melted butter
- Artificial sweetener equal to 3 tablespoons sugar

Preparation:

Heat oven to 350 F. Melt the butter (if the pie pan is microwave safe, melt the butter in it) and mix the ingredients up in the pan and pat into place with your fingertips.

Bake for about 10 minutes until the crust is beginning to brown. After 8 minutes, check every minute or so, because once it starts to brown it goes quickly.

Nutritional Information: The whole pie shell has 11 grams [effective carbohydrate](#) plus 17 grams fiber and 30 grams protein.