



Key Lime Pie

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Yields 8 servings

Serving size: 1 slice

1.6 g protein per serving

272 calories per serving

Ingredients:

Crust:

- 180 g Kinnikinnick Vanilla Wafers, 1 full box 370mg
- 4 TBSP Butter, regular or unsalted, melted 24mg

Key Lime Filling

- 13 2/3 fl.oz. Coconut Milk, canned, 1 full can 176mg
- 50 g Lemon Pudding, dry mix only
- 1/4 c Sugar, White Granulated
- 2 tsp Agar Powdered 15mg
- 1/4 c Lime Juice 6mg

Directions

1. Preheat oven to 350 degrees. Place vanilla wafer cookies in a food processor with a blade attachment and pulse until you have crumbs, as if making a graham cracker crust. Pour crumbs into a small bowl and add the melted butter. Gently toss to combine. Pour mixture into a 9 in pie tin. Using the flat bottom of a glass, press the crumbs into the pie tin, creating a nice edge evenly around. Bake for 14 minutes. Remove from oven and allow to cool completely. Turn oven off.
2. In a small sauce pan, add the canned coconut milk. Place over medium heat and bring to a low simmer, stirring occasionally. Meanwhile, combine the pudding mix, sugar, and agar powder and gently mix to combine. Once the coconut milk is heated, slowly add the powdered mixture. Gently whisk together while keeping over medium heat until it begins to thicken, about 1 to 2 minutes.
3. Remove pan from heat and continue to whisk for 1 minute, allowing to cool a little. Add the lime juice and whisk together. Immediately pour into the cooled pie crust. Refrigerate for at least one hour to set.

Notes

You can add a little green food coloring if you want more of a green color.

You can use 1 1/2 cups of any crumbs of your choosing to help lower the protein or PHE.