

# Chocolate Cream Pie



**PREPARATION TIME:** 30 minutes plus crust pre-bake

**MAKES:** 3 (9 inch) pies or 24 servings

**CHILL TIME:** 2 hours minimum

*This recipe may be doubled if needed.*

INGREDIENT	MEASUREMENT	METRIC
prepared pie crust	3 crusts for 9 inch pans	648 grams
SPLENDA® No Calorie Sweetener Granular	2 cups	48 grams
Dutch process cocoa	1 cup	80 grams
cornstarch	3/4 cup	96 grams
salt	3/8 teaspoon	2 grams
2% reduced fat, milk	7-1/2 cups	1830 grams
egg substitute	1-1/2 cups	366 grams
vanilla extract	3 tablespoons	39 grams
unsalted butter	4-1/2 tablespoons	63 grams
reduced-fat frozen whipped topping, thawed	1-1/2 pounds	680 grams

**PRE-BAKE** the pie crusts according to the manufacturer's directions. Cool before filling.

**COMBINE** SPLENDA® Granular, cocoa, cornstarch, and salt in a mixing bowl. Set aside.

**WHISK** together milk, egg substitute, and vanilla in a medium saucepan. Gradually add SPLENDA® Granular mixture, whisking until blended. Add butter.

**COOK** over medium high heat, whisking constantly until mixture begins to boil: whisking constantly, boil for one minute. Remove from heat.

**POUR** filling into pie crusts, cool for few minutes then cover filling with waxed paper; refrigerate for at least 2 hours.

**SPREAD** whipped topping over pies; garnish with chocolate shavings, if desired.

*Note: Any pie crust can be used with this filling.*

## NUTRITION INFORMATION PER SERVING

**Serving Size:** 1 slice or 1/8 pie

Calories	250	Sodium	220mg
Calories from Fat	110	Total Carbohydrate	29g
Total Fat	13g	Dietary Fiber	1g
Saturated Fat	7g	Sugars	12g
Cholesterol	15mg	Protein	7g

This recipe, when compared to a traditional recipe, has a 23% reduction in calories, a 33% reduction in carbohydrates, and a 58% reduction in sugars!

## DIETARY EXCHANGES

2 Starches  
2 Fats

