

Coconut Cream Pie



PREPARATION TIME: 25 minutes

COOK TIME: 7-10 minutes plus pre-bake

CHILL TIME: 3 hours minimum

MAKES: 3 (9 inch) pies or 24 servings

This recipe may be doubled if needed.

INGREDIENT	MEASUREMENT	METRIC
prepared pie crust	3 crusts for 9 inch pans	648 grams
flaked coconut	3/4 cup	55 grams
SPLENDA® No Calorie Sweetener Granular	2-1/4 cups	54 grams
cornstarch	1 cup	128 grams
salt	1-1/2 teaspoons	9 grams
1% low-fat milk	7-1/2 cups	1830 grams
egg yolks	6 yolks	99 grams
butter	6 tablespoons	84 grams
flaked coconut	2-1/4 cups	166 grams
vanilla extract	3-3/4 teaspoons	16 grams
coconut extract	3/4 teaspoon	3 grams

PREHEAT conventional oven to 375°F.

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

TOAST 3/4 cup of coconut flakes in the oven, stirring occasionally, 5 to 6 minutes or until toasted. Set aside for garnish.

COMBINE SPLENDA® Granular, cornstarch, and salt in a heavy saucepan, mixing well. Gradually whisk milk into SPLENDA® Granular mixture. Cook over medium heat, whisking constantly, until thickened and bubbly. Remove from heat.

BEAT egg yolks until thick and pale. Gradually temper hot milk mixture into yolks; whisking constantly, add yolk mixture to remaining hot milk mixture. Cook over medium heat for 1 minute or until mixture just comes to a boil, whisking constantly. Remove from heat; stir in butter, remaining coconut flakes and flavorings. Immediately pour filling into prepared crusts. Cover with plastic wrap, gently pressing on filling. Chill for 3 hours or until firm. Sprinkle pies with toasted coconut for presentation.

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

NUTRITION INFORMATION PER SERVING

Serving Size: 1 slice or 1/8 pie

Calories	240	Sodium	300mg
Calories from Fat	110	Total Carbohydrate	27g
Total Fat	13g	Dietary Fiber	0g
Saturated Fat	7g	Sugars	9g
Cholesterol	70mg	Protein	5g

This recipe, when compared to a traditional recipe, has a 25% reduction in calories, a 38% reduction in carbohydrates, and a 68% reduction in sugars!

DIETARY EXCHANGES

2 Starches
2 Fats

