



# Frozen Blueberry Pie



Marshfield Clinic  
Health System

**PREP TIME:** 10 minutes • **SERVINGS:** 8 slices

## INGREDIENTS

- 1 ½ cups fresh or frozen blueberries
- 18 ounces low-fat, sugar-free blueberry yogurt
- 1 reduced-fat ready-made graham cracker pie crust
- 1 8-ounce carton fat-free frozen whipped topping, thawed

## INSTRUCTIONS

In a food processor, blend together yogurt and blueberries until smooth. Pour blueberry mixture into a large mixing bowl. Carefully mix in whipped topping until well mixed. Pour mixture on to crust.

Cover and put in freezer for at least 4 hours prior to serving.

## NUTRITION INFORMATION

Each serving contains 169 calories; 4 g fat; 31 g carbs; 141 g sodium; 1.7 g fiber; 3 g protein.