



# CHOCOLATE RUM PIE

October 8, 2009

*Serves: 8 servings, serving size one slice*

- 1 package unflavored gelatin
- 1 cup fat free milk
- 2 eggs, separated
- 2 Tbsp granulated sugar substitute
- 1/4 cup cocoa
- 1 tsp rum extract
- 1 Tbsp liquid sugar substitute
- 2 cups fat free whipped topping
- 1 prepared pie crust, baked

1. In large saucepan, combine gelatin, milk, egg yolks, granulated sugar substitute, and cocoa. Cook over medium heat until completely blended and slightly thickened.
2. Remove from heat, stir in the rum extract, and refrigerate the mixture until partially set.
3. In a small bowl, beat egg white with liquid sugar substitute until stiff peaks form. Fold into cooled chocolate mixture.
4. Layer the chocolate mixture and whipped topping in the pie shell, ending with whipped topping. Refrigerate for 2 to 3 hours or until firm.

#### **Nutrition Facts per serving**

**Exchanges:** 1 ½ carbohydrate, 1 fat

**Calories** 154, calories from fat 51, **Total Fat** 6g, saturated fat 1g, **Cholesterol** 53mg, **Sodium** 89mg, **Total Carbohydrate** 20g, Dietary fiber 1g, Sugars 5g, **Protein** 5g

#### **CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM**



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*Providing guidance and support to make the "healthy choice the easy choice!"*

