

# COOKIE ICE CREAM PIE

June 18, 2009

*Makes: 8 servings*

*Serving size: 1/8 pie*

*Prep Time: 25 minutes*

Cooking spray

1/2 cup cup chocolate syrup

2 tablespoon semi-sweet chocolate chips

2 cups crispy rice cereal

4 cups light or fat-free cookies and cream ice cream, softened

1. Coat an 8-inch pie plate with cooking spray.
2. In a small microwave-safe bowl, combine chocolate syrup and chocolate chips. Microwave on high for 45-60 seconds. Stir until smooth. Reserve 1/4 cup chocolate mixture.
3. In a medium bowl, combine remaining chocolate mixture and cereal and stir gently to coat.
4. Press mixture into pie plate, covering bottom and sides of plate. Freeze until firm, about 15 minutes.
5. Spread half the ice cream (2 cups) into the pie plate. Drizzle with half the chocolate sauce mixture. Top with remaining ice cream and drizzle with remaining chocolate mixture.
6. Freeze pie, covered, about 1 hour or until firm.
7. Top dessert with 4 crushed Oreo cookies before serving.

**Nutrition Facts per serving**

**Exchanges:** 2 1/2 Carbohydrate

**Calories** 185, **Calories from Fat** 27, **Total Fat** 3 g, **Saturated Fat** 2 g, **Cholesterol** 5 mg, **Sodium** 172 mg, **Total Carbohydrate** 36 g, **Dietary Fiber** 1 g, **Sugars** 23 g, **Protein** 4 g

## CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM



Mary Beth Gurganus, LD/N  
Jackson County Health Department  
3045 4th Street ~P O Box 310  
Marianna, FL 32446

Phone: 850-526-2412 ext 282  
Fax: 850-482-9564  
E-mail: [WellnessBuddy@doh.state.fl.us](mailto:WellnessBuddy@doh.state.fl.us)  
Website: [www.jacksonchd.org](http://www.jacksonchd.org)

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

