



## Crazy-Amazing Coconut Cream Pie



1 slice: 143 calories, 4.5g total fat, 365mg sodium, 24.5g carbs, 3.75g fiber, 7.5g sugars, 2.5g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

**Chill:** 1 hour

More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

#### Crust

1 cup Fiber One Original bran cereal  
2 sheets (8 crackers) low-fat honey graham crackers, broken into pieces  
3 tbsp. Splenda No Calorie Sweetener (granulated), or an *HG Natural Alternative* below  
1/4 cup light whipped butter or light buttery spread

#### Filling and Topping

1 1/2 cups fat-free milk  
1/2 tsp. coconut extract  
One 6-serving box Jell-O Sugar Free Fat Free Vanilla Instant pudding mix  
2 cups Cool Whip Free (thawed)  
1/4 cup plus 2 tbsp. shredded sweetened coconut

### Directions

Preheat oven to 350 degrees. Spray a deep-dish pie pan with nonstick spray.

In a blender or food processor, grind cereal and graham cracker pieces into crumbs. Transfer to a medium bowl and mix in Splenda.

In a small microwave-safe bowl, microwave butter and 2 tbsp. water for 30 seconds, or until butter has melted. Add to the medium bowl and thoroughly mix.

Evenly distribute mixture along the bottom of the pie pan, using your hands or a flat utensil to firmly press and form the crust. Press it into the edges and up along the sides of the pan.

Bake until firm, about 10 minutes. Let cool.

Pour milk into a large bowl. Add coconut extract and pudding mix and whisk until smooth, about 2 minutes. Fold in 1 cup Cool Whip. Stir in 1/4 cup shredded coconut.

Evenly spread filling into the crust. Spread remaining 1 cup Cool Whip over the filling. Refrigerate until completely chilled and set, at least 1 hour.

For a toasted coconut topping (optional), bring a skillet to medium heat. Cook and stir remaining 2 tbsp. shredded coconut until lightly browned, about 4 minutes. Let cool.

Just before serving, sprinkle toasted or un-toasted shredded coconut over the pie. Slice and enjoy!

MAKES 8 SERVINGS

***HG Natural Alternative:*** If you prefer a natural no-calorie sweetener, use [spoonable calorie-free Truvia](#) in place of the Splenda. But since Truvia is about twice as sweet, halve the amount called for in the Ingredients list.

***Another HG Natural Alternative:*** Swap out the Splenda for the same amount of granulated white sugar, and each serving will have 159 calories, 29g carbs, and 12g sugars.



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