



HG's Upside-Down Strawberry Pretzel Pie



1/8th of pie: 117 calories, 2g total fat (1.5g sat. fat), 83mg sodium, 26.5g carbs, 3.5g fiber, 10g sugars, 3.5g protein

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

Cool: 30 minutes **Chill:** 4 hours

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



Ingredients

2 tbsp. [Truvia spoonable no-calorie sweetener](#) (or another no-calorie granulated sweetener; see *HG FYI*)
3 tbsp. cornstarch
Two 1/4-oz. envelopes unflavored gelatin
8 cups (about 4 pints) sliced strawberries
1 cup pretzel sticks, crushed
1 cup natural light whipped topping (like [Skinny Truwhip](#))

Directions

Spray a 9" deep-dish pie pan with nonstick spray.

In a blender or food processor, combine sweetener, cornstarch, gelatin, 2 cups strawberries, and 3/4 cup water. Puree until smooth.

Transfer mixture to a nonstick pot. Set heat to high, and bring to a boil.

Reduce heat to low. Cook and stir until mixture begins to thicken, about 5 minutes.

Remove from heat, and let cool for 10 - 15 minutes, stirring occasionally.

Add remaining 6 cups strawberries, and stir to coat. Transfer mixture to the pie pan. (It will be very full!) Let cool completely, 10 - 15 more minutes.

Refrigerate until firm and chilled, at least 4 hours.

Just before serving, sprinkle with crushed pretzel sticks and top with whipped topping.

MAKES 8 SERVINGS

HG FYI: [Truvia spoonable calorie-free sweetener](#) is about twice as sweet as sugar. If using a no-calorie granulated sweetener that measures cup-for-cup like sugar instead of Truvia, double the amount called for in this recipe.

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