



## 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

**Green Plan [SmartPoints](#)® value 2\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

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

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



Tagged: [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.

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.