



## *Healthy Eating & Weight Loss*

### **Strawberry Meringue Pie**

- 1 cup graham cracker crumbs
- 4 cups sliced strawberries
- 1 cup and 2 tbsp sugar
- 1/4 tsp salt
- 1 envelope unflavored gelatin
- 1 1/2 tsp vanilla extract
- 1/2 cup pasteurized egg whites
- 1/4 tsp cream of tartar

Heat oven to 375 degrees. Coat a 9 inch pie plate with cooking spray. Press crumbs along bottom and sides to form an even layer. Bake 15 minutes. Remove from oven and set aside

Mash 2 cups of berries with the 1 cup of sugar and 1/4 tsp of salt in a medium pan over medium heat. Bring to a boil. Add gelatin and stir until dissolved. Remove from heat. Add 1 tsp of vanilla and remaining 2 cups of berries.

Mix egg whites and cream of tartar in a non-reactive bowl. Beat until soft peaks form. Add remaining 2 tbsp sugar and 1/2 tsp of vanilla. Beat until stiff.

Spoon berries into pie crust. top with meringue. Bake 12 minutes. Cool and refrigerate at least 3 hours.

**198 calories per serving, 4 g protein**

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