

# Easy Berry Refrigerator Pie

## Dessert

### Serves 8

Prep time: 15 minutes

Cook time: 12 minutes

With flavorful frozen berries, creamy yogurt and sour cream, you can have a taste of summer any time of year. The light berry mousse filling is decadent and nutrient-rich.

### Ingredients

#### CRUST

- 1 1/2 cup graham cracker crumbs
- 2 tablespoons sugar
- 1/2 teaspoon ground ginger
- 1/4 cup butter, melted

#### FILLING

- 2 1/2 cups frozen unsweetened mixed berries
- 1/2 cup sugar
- 2 packets unflavored gelatin
- 1/2 cup water
- 1 cup fat-free vanilla yogurt
- 1 cup fat-free sour cream

### Preparation

**CRUST:** Preheat oven to 350°F. Stir all ingredients together in a medium bowl. Press into bottom and sides of a 9-inch pie plate. Bake for 10-12 minutes. Cool.

**FILLING:** In a small saucepan, stir together sugar and gelatin. Add water and heat to a simmer over medium-high heat, stirring constantly, until gelatin and sugar have dissolved.

Place frozen berries into a blender; add hot liquid and blend until berries are crushed. Add yogurt and sour cream; blend until well mixed, about 1 minute.

Pour the berry filling into the prepared pie crust and refrigerate until set, about 1 hour.

### Nutrition Information

Per serving: 291 calories, 10 g total fat, 5 g saturated fat, 184 mg sodium, 45 g carbohydrates, 3 g fiber, 6 g protein, 166 mg calcium

Provided by:  
Nutrition Education Services/Oregon Dairy Council  
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