

Key Lime Mousse Pie

(Makes 8 servings)

Impress Mom with our Key Lime Mousse Pie for Mother's Day! This pie is light yet rich tasting and can be made ahead – a great dessert for any party. We use bottled Key lime juice since it can be difficult to find fresh Key limes. Buying cookies with no trans fats is becoming easier and easier. We readily found these chocolate wafer crisps, so there is no excuse for buying cookies high in any fat. To protect from salmonella you can use pasteurized packaged egg whites, available with the egg substitutes in your market.

Ingredients:

- 2 packets thin crisp chocolate wafers
- Refrigerated butter-flavored cooking spray
- 1 packet unflavored gelatin
- 4 ounces fat-free cream cheese
- ½ cup reduced-fat ricotta cheese
- ¼ cup Key lime juice
- ½ cup sugar substitute
- Grated zest of 1 lime
- ½ cup plus 1 tablespoon pasteurized egg whites
- ⅛ teaspoon cream of tartar

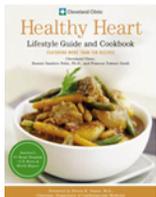
Directions:

- 1) Process the wafers in a food processor until you have a uniform fine crumb. Set 1 tablespoon aside for garnish. Generously coat a 9-inch pie pan with cooking spray. Sprinkle the crumbs over the pan, rotating the pan until the sides and bottom are covered, and press gently into a crust with your fingers if necessary.
- 2) In a small saucepan, sprinkle the gelatin over ¼ cup cold water and let stand for 1 minute. Stir over low heat until dissolved, about 5 minutes. Set aside.
- 3) Place the cream cheese, ricotta, lime juice, sugar substitute, and half of the zest in a food processor. Process until well blended. Add the gelatin and process for a few seconds to incorporate.
- 4) In a medium bowl, beat the egg whites with the cream of tartar until they form stiff peaks. Gently fold the lime and cheese mixture into the egg whites. Pour into the prepared pie pan, swirling the top in a decorative manner. Refrigerate for about 2 hours, until cold and set. Garnish the rim of the pie with the reserved zest and chocolate crumbs.

Nutritional Analysis: (per serving)

- Calories: 80 (15% calories from fat)
- Total Fat: 1.5 g
- Saturated Fat: 0.5 g
- Protein: 8 g
- Carbohydrates: 9 g
- Dietary Fiber: 0 g
- Cholesterol: 5 mg
- Potassium: 160 mg

Source:



Show your mom or wife just how much you care by treating her to this light – yet rich tasting – dessert on her special day. And if you're still looking for the perfect gift, consider surprising her with her very own copy of the "Cleveland Clinic Healthy Heart Lifestyle Guide and Cookbook". Featuring more than 150 recipes, this all-in-one guide is the easy, enjoyable way to care for your family's hearts and live longer, healthier lives. (© 2007 Broadway Books).

The cookbook is available in bookstores or online from Randomhouse.com, BN.com or Amazon.com.