



Recipe Dietetic Lemon Pie

Ingredients

1 9" graham or regular pie crust	8 grams Equal or Splenda sweetener (8 packets)
2 large egg whites, room temperature	Grated rind of 1 lemon (optional)
1/4 tsp. cream of tartar	
1/4 cup sugar	
1 cup water	
3 tbsp. lemon juice	
2 tbsp. cornstarch	
1 tbsp. margarine	
3 drops yellow food coloring (or add 2 egg yolks)	

Directions

Beat egg whites until frothy. Add cream of tartar; continue beating on high speed, gradually adding sugar until stiff meringue forms. In saucepan, combine water, lemon juice and cornstarch; stir until smooth. Add lemon rind, margarine and coloring to mixture (if you are using egg yolks instead of coloring, stir a little of the hot mixture into yolks then return to heat). Cook and stir over medium heat until thickened and starchy taste is gone. Remove from heat; add sweetener. Fold mixture into meringue and mix lightly. Pour into crust and refrigerate until firm. 1 slice = 1 bread, 1 fat and 1 carb