THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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Recipe of the Month – February 2014

Strawberry Bavarian Cream Pie

Serves 10

Make MyPlate Your Plate

Ingredients

½ box	White cake mix
2-3 Tbsp	Water
1 qt.	Fresh strawberries
2 packets	Artificial sweetener
1 package	(1oz) Sugar-free whipped topping mix
	Cooking spray

Equipment

Bowl
Measuring Spoons
Mixer
Spatula
Pie plate (9")

Directions

1. Blend cake mix and water in small bowl with mixer until smooth.
2. Spray pie plate and rubber spatula with cooking spray. Turn batter into pie plate using spatula to spread batter to coat bottom and sides of pie plate. (This will be very thick, similar to cookie dough.)
3. Bake at 350°F approximately 15 minutes or until golden brown.
4. Wash, stem and cut strawberries in half. Save three berries for garnish. Sprinkle sweetener over berries; gently toss.
5. Prepare topping mix according to package directions.
6. Reserve 1 Tbsp. whipped topping and mix remaining topping with strawberries. Turn into prepared pie crust.
7. Garnish with reserved whipped topping and the three strawberries cut into fans.
8. Serve Immediately or cover with plastic wrap and refrigerate. Loosen crust around rim before slicing.

NUTRITION FACTS PER SERVING: Serving Size (78g) Serving Per Container: 10
Calories 130, Total Fat 2.5g , Saturated Fat 1g, Trans Fat 0g, Cholesterol 0 mg, Sodium 150 mg, Total Carbohydrate 25g, Dietary Fiber 1g, Sugars 14g, Protein 1g , Vit A 0%, Vit C 50%, Calcium 4%, Iron 4%

Source: Diabetes Education Program WVUES 1999-2000