

## ***Easy Blueberry Pie***

1 can fat free sweetened condensed milk

½ cup lemon juice

1 ½ to 2 cups blueberries (fresh or frozen)

8 ounce container of cool whip

1 graham cracker crust

Directions:

Fold all 4 ingredients together. Pour ingredients into pie crust and freeze for at least 5 hours. Serves 8.

Nutrient Analysis, per serving: 230 calories, 35.9 g. carbohydrate, 1.5 g. protein, 9.7 g. fat, 1.4 g. dietary fiber, 159 mg. sodium, 0 mg. cholesterol