

Peach Parfait Pie

2 medium size peach, sliced
1 can Mandarin oranges, drained (11 oz.)
1 can crushed pineapple, drained (13 oz.)
1 large container lite Cool Whip
¼ cup lemon juice
1 can sweetened condensed milk
2 graham cracker pie shell
Toasted almonds slices, optional

Directions:

Mix condensed milk and lemon juice. Slice peaches. Drain pineapple and Mandarin oranges. Add cool whip to milk mixture. Mix thoroughly and add fruit. Pour into pie shells. Top with almonds. Chill for about 2 or 3 hours. Makes 2 pies.

Serves 8

Nutrient Analysis, per serving: 265 calories, 42g. carbohydrate, 3g. protein, 10g. fat, 144mg. sodium