

Banana Cream Pie with Oatmeal Coconut Crust

From murraysugarfree.com

20 Murray® Sugar Free Oatmeal Cookies
2 tablespoons flaked coconut
½ teaspoon cinnamon
3 tablespoons light margarine, melted
2 ¾ cups cold skim milk
2 packages (4 serving size) vanilla sugar free instant pudding mix
1 large banana
1 ½ cup fat free Cool Whip®

Finely crush cookies. In small bowl combine cookies, coconut and cinnamon. Add margarine. Toss to coat. Press on bottom and sides of 9-inch pie plate lightly coated with nonstick cooking spray. Bake at 350°F for 8 minutes. Cool completely.

In large bowl combine milk and coconut extract, if desired. Add pudding mix. Beat with wire whisk about 2 minutes or until thickened. Pour half of pudding mixture into crust. Slice banana on top. Pour remaining pudding mixture over banana. Spread whipped topping over all. Refrigerate at least 30 minutes. Garnish as desired. Store in refrigerator. Makes 8 servings.

Nutritional information per serving: 250 calories, 5 grams protein, 9 grams fat, 39 grams carbohydrate, 430 mg sodium.