

# Low Point Crust

## Replacing Traditional Graham Cracker Crusts for Pies

One of the hardest things to manage while trying to eat healthier is desserts. Let's face it, it's the biggest hurdle for most of us, we love our sweets. Chief among those is pie, traditionally made with a ton of crushed graham crackers, sugar and butter. Regular Graham Cracker pie crust is a freaking Calorie Bomb, and as such is a ton of points. A typical graham cracker pie crust for a 9" pie will add around 55-70 points to your recipe, making it virtually impossible to have pies without blowing through all of your dailies. Well, you can still have pie crust, you just have to get creative and make some compromises.

As with all of this weird stuff I stumble upon, it's all born out of a desire to continue eating the foods I want, period. So, who would know how to knock the points from sugar and butter out of a dessert? Diabetics. I started searching through Diabetic cooking sites and forums and saw that they tended to use low sugar, high fiber cereals for their pie crusts instead of graham crackers. Turns out those are a lot less points than graham crackers too. After a few attempts, this is what I came up with.



### Ingredients:

- 1-1/4 cups Fiber One cereal, Kelloggs All Bran, or other low point High Fiber cereal
- 2 sheets (8 crackers) Low Fat graham crackers
- 1/2 cup fat free plain Greek yogurt
- 3/4 tsp ground cinnamon
- 1 Tbsp **PLUS** 2 tsp sugar free maple syrup (pancake syrup)
- 6-8 second spray, butter flavored cooking spray \*\*\*
- 1/2 cup 0 point brown sugar replacement, such as: (truvia 0 calorie brown sugar substitute, swerve brown, etc.)

### Directions:

- 1 Put the cereal and graham crackers in a food processor, process on high until the cereal is ground into crumbs,
- 2 Add the remaining ingredients, spray into the mixture with your cooking spray, then process until well combined.
- 3 Spray a 9" pie pan or springform pan with cooking spray.
- 4 Press mixture down into pie pan and compress slightly, with your hands & fingers.
- 5 Use the same as you would a regular graham cracker crust.



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1-1  
Points for 1/8  
section of crust

- last checked 11/15/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

### Servings:

- Yield: Makes enough crust for a 9 inch pie pan.
- 10 total points, if Greek yogurt is 0 points on your plan.
- The above listed points, assume 8 servings

### COOKING TIPS:

- This crust is not as sweet as a regular graham cracker crusts. That's because regular graham crackers have enough sugar to make Paul Bunyan diabetic.
- You can also consider adding some additional flavorings with baking extracts, such as vanilla, caramel, maple, or even pumpkin pie spice extract.
- Want it a little softer? Add some baking powder. Want it a little crisper? Add some baking soda and a splash of apple cider vinegar.
- Low Fat graham crackers are lower in points and calories than regular graham crackers. This recipe uses 2 sheets of 'honey maid low fat cinnamon grahams'. 5 points in total.