

# Heath Bar Rum Pie

Sara F Patterson, Nancy F Holley & Cleo F Long  
Three Sisters Cookbook - Alexander City, AL

8 Heath candy bars  
3 tablespoons rum  
1 container (8 ounce) Cool Whip,  
thawed  
1 teaspoon instant coffee granules  
(optional)  
1 nine-inch graham cracker crust

Freeze the Heath bars. When completely frozen, crush.

In a bowl, stir the Heath crumbs into the Cool Whip. Add the rum and instant coffee, if desired. Mix well. Pour the mixture into the pie crust.

Place the pie in the freezer.

Remove from the freezer 10 minutes before serving. (The pie may be made up to one week ahead.)

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Per Serving (excluding unknown items): 96 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: .

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	96	Vitamin B6 (mg):	0mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	0.0%	Thiamin B1 (mg):	0mg
% Calories from Protein:	0.0%	Riboflavin B2 (mg):	0mg
Total Fat (g):	0g	Folacin (mcg):	0mcg
Saturated Fat (g):	0g	Niacin (mg):	0mg
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	96
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	0g		
Dietary Fiber (g):	0g	<b>Food Exchanges</b>	
		Grain (Starch):	0
			0

**Protein (g):**  
**Sodium (mg):** trace  
**Potassium (mg):** 1mg  
**Calcium (mg):** 0mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 0IU  
**Vitamin A (r.e.):** 0RE

**Lean Meat:**  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 96 Calories from Fat: 0

### % Daily Values\*

<b>Total Fat</b>	0g		0%
Saturated Fat	0g		0%
<b>Cholesterol</b>	0mg		0%
<b>Sodium</b>	trace		0%
<b>Total Carbohydrates</b>	0g		0%
Dietary Fiber	0g		0%
<b>Protein</b>	0g		
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<b>Vitamin A</b>			0%
<b>Vitamin C</b>			0%
<b>Calcium</b>			0%
<b>Iron</b>			0%

*\* Percent Daily Values are based on a 2000 calorie diet.*