Strawberry-Banana Pie

Sally Haley Nettles Island Cooking in Paradise - 2014

1 quart fresh strawberries (or one 16 ounce package whole frozen unsweetened strawberries)
1/2 cup sugar
1 envelope unflavored gelatin
1 tablespoon lemon juice
1 large banana
1 nine-inch baked pie shell

Thaw frozen strawberries, reserving the juices. Using a potato masher, crush three cups of berries. Halve or slice the remaining berries. Strain the crushed strawberries. Add water to the juice to make one cup of liquid. Save the crushed berries.

In a medium saucepan, stir together the sugar and gelatin. Add one cup of the juice. Cook and stir over medium heat until the gelatin and sugar are dissolved. Stir in the crushed berries and lemon juice. Transfer into a mixing bowl and chill until partially set (the consistency of unbeaten egg whites).

Pour half of the mixture into the cooled pie shell. Cover in a single layer with the thinly sliced banana. Top with the remaining berry mixture. Place the reserved sliced berries on the top.

Chill several hours until firm.

Dessert

Per Serving (excluding unknown items): 823 Calories; 1g Fat (0.6% calories from fat); 8g Protein; 206g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 218mg Sodium. Exchanges: 2 Fruit; 12 Other Carbohydrates.