

Pies

Frozen Orange Swirl Pie

1/4 cup sugar
4 teaspoons cornstarch
3/4 cup frozen orange juice concentrate, thawed
1/3 cup water
2 tablespoons margarine or butter, cut up
1 tablespoon orange peel, finely shredded
1 1/4 cups ginger snaps, finely crushed
1/3 cup margarine or butter, melted
6 cups vanilla frozen yogurt OR low-fat or light vanilla ice cream
Fresh mint sprigs (optional)

SAUCE - In a saucepan, combine sugar and cornstarch; stir in thawed orange juice concentrate and water. Cook and stir over medium-heat until thickened. Cook and stir for two additional minutes. Remove from heat; stir in the two tablespoons of margarine and orange peel. Cover and cool completely.

CRUST - In a bowl combine ginger snaps and the melted margarine. Mix well. Spread mixture into a 9" pie plate. Press onto bottom and sides to form a crust. Chill about 1 hour or until firm.

Place four cups of frozen yogurt or ice cream into a chilled bowl. Stir the yogurt to soften slightly. Spoon the yogurt into crust. Drizzle half of the cool orange sauce over the yogurt. Swirl sauce into the yogurt with knife or spatula.

Remove remaining frozen yogurt from the freezer. Make small scoops of yogurt with an ice cream dipper or spoon and arrange over pie. Do not smooth over top evenly. Drizzle the remaining orange sauce over all. Cover and freeze at least 8 hours.

Serving Ideas: If desired, garnish with mint sprigs.

Per Serving (excluding unknown items): 2012 Calories; 52g Fat (23.1% calories from fat); 22g Protein; 370g Carbohydrate; 8g Dietary Fiber; 62mg Cholesterol; 2179mg Sodium. Exchanges: 1/2 Grain(Starch); 5 1/2 Fruit; 10 1/2 Fat; 18 Other Carbohydrates.