

# Low-Point Deconstructed Chocolate Meringue Pie

## Ingredients:

- 1 cup Splenda granulated sugar substitute
- 1 Tbs cornstarch
- 4 egg whites, at room temperature
- 1/4 tsp. cream of tartar
- Pinch of salt
- 1/4 tsp. vanilla extract
- 1 small box of sugar free, fat free instant chocolate pudding
- 2 cups 1% Milk
- Strawberries

Preheat oven to 225 degrees. Whisk together splenda and cornstarch. Beat egg whites at medium-high speed for 1 minute. Add cream of tartar and salt and beat until blended. Gradually add splenda mixture, 1 Tbs at a time, beating at medium-high speed until mixture is glossy, stiff peaks form, and splenda is dissolved (do not overbeat). Beat in vanilla. Gently spread mixture into a 7-inch round (sprayed with Pam "baking" spray), making an indentation in center of meringue to hold filling. (I did not have a 7-inch round so I turned a 2 1/2 quart round casserole dish upside down and used the bottom of that to spread and bake my meringue mixture on.) Bake at 225 degrees for 1 hour and 30 minutes or until pale golden and outside has formed a crust. Turn oven off; let meringue stand in oven, with door closed and light on for 12 hours. Remove meringue. Whisk chocolate pudding with milk until thickened. Spread on top of meringue (I didn't need to use all the pudding for this and placed the extra pudding in a small bowl to enjoy later). Arrange strawberries on top and serve.

Total servings - 8

Serving size - 1

Points per serving - 1.5

This delicious recipe can be found on the website *Points In My Life*  
([www.pointsinmylife.com](http://www.pointsinmylife.com))

***"The more you imagine your change, the more you become it."***  
**- Edward Grinnan**