

EmpowerHer Transformation  
Blueprint

# Delicious Sugar Free Chocolate Pie



Everyday Fit with Sarah

For the  
perimenopausal  
ladies who want  
to lose body  
fat and gain  
lean muscle to  
take on the  
world!



Hello and welcome! I'm Coach Sarah, and I've got a delicious Sugar free chocolate pie recipe guaranteed to satisfy your sweet tooth without sacrificing your fitness goals.

I know it's tough managing your caloric goals and satisfying your cravings at the same time, so this dessert is a great 'no guilt' option! (and it's really easy to make!)



Everyday Fit with Sarah



A little about myself... I am a Doctor of Physical Therapy and Certified Personal Trainer. I'm also a formerly overweight mother, current over 40 bad ass, and true fitness enthusiast!

I know the ins and outs of the human body and what it takes to achieve fat loss when you don't have much time to spare in the day.



# Sugar Free Chocolate Pie

Everyday Fit with Sarah

Helping perimenopausal women to build strength, confidence, and a healthier future with my proven 12-week EmpowerHer Transformation Blueprint.

Click [here](#) for more information.

- 
- Graham Cracker Crust



## Preparation

1. Prepare Pudding as directed on the box.
2. Pour  $\frac{1}{2}$  of the pudding filling into the pie crust, then fold the container of cool whip into the remainder of pudding.
3. Pour the new mixture onto the top of the pie
4. Refrigerate until ready to use

## Tips

- You can use just one pudding box then add the cool whip to create 1 layer only instead of 2.
- You can reserve some cool whip to garnish the top when serving
- You don't have to use sugar free pudding, but it does have to be instant.
- It would probably work for other flavors, but I've only ever used chocolate.
- You can make it with whatever cool whip you'd prefer
- DO NOT use non dairy milk, it will not set.

Ready in **2 hours**

Serves **8 people**

**Calories:** ~171 kcal

**Protein:** ~3.25g

**Carbs:** ~16.75g

**Fat:** ~10.4g

## Ingredients

- 2 boxes sugar free instant pudding
- 2 cups milk
- 1 container cool whip

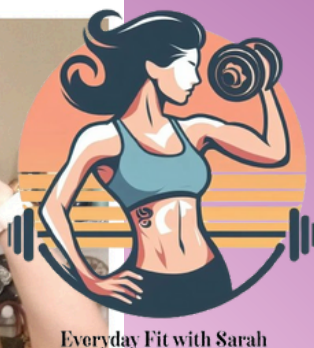
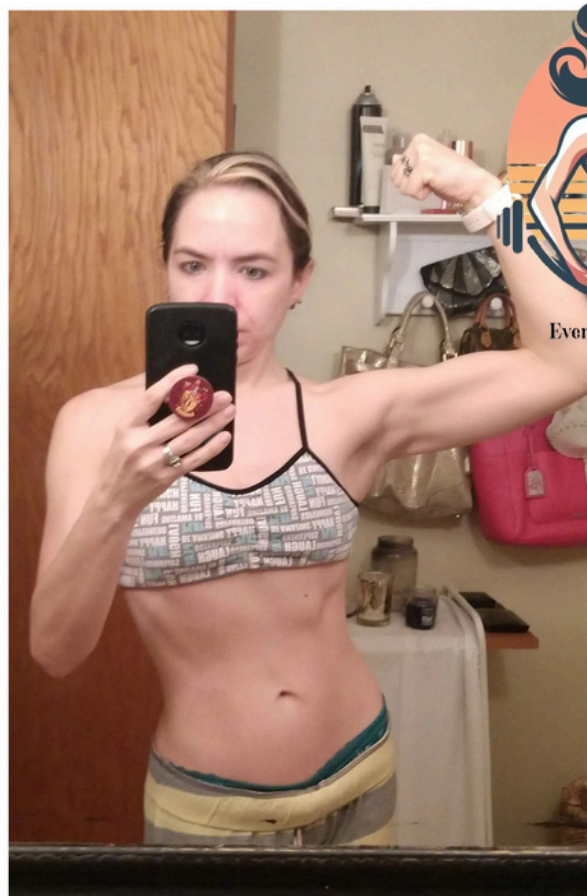
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everydayfitwithsarah.com

Let me know what you think!

Sarah Wolfe





Ready to take it to the next level?

This is just a tiny sliver of what  
you can expect with my EmpowerHer  
Transformation Blueprint.

Ready to learn more and explore how I  
can help you lose that extra body fat  
and build lean muscle?

Click [Here](#) to schedule a free  
consultation!

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