

Sugar-Free Chocolate Pie

A simple, crowd-pleasing dessert you can make in minutes – perfect for busy women who want something sweet without the sugar crash.



Nutrition (per slice)

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
- 1 Graham Cracker Crust

Preparation

1. Prepare the pudding according to the package directions.
2. Pour **half** of the pudding into the pie crust.
3. Fold the entire container of Cool Whip into the remaining pudding until fully combined.
4. Spread the pudding-Cool Whip mixture over the first layer.
5. Refrigerate for at least 2 hours before serving.

Tips

- Want a lighter pie? Use **one** pudding box and mix the Cool Whip into the whole batch for a single-layer version.
- Save a little Cool Whip to dollop on top before serving.

- Any instant pudding flavor works – chocolate is just the classic.
- Use any Cool Whip variety you like (light, sugar-free, etc.).
- **Do not** use non-dairy milk – the pudding won't set properly.

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