



## Creamy Lime Pie Square Bites

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



2

CALORIES



631 kcal

DESSERT

### Ingredients

- 0.7 cup flour
- 1 cup graham cracker crumbs crushed
- 2 drop lime zest grated (this is the brand I use)
- 2 tbsp sugar
- 5 Tbsp butter unsalted softened ()

### Equipment

- bowl
- oven

- whisk
- wire rack
- aluminum foil

## Directions

- Preheat oven to 350
- Cover an 8 1/2 glass square dish with foil.
- Whisk together all of your crust ingredients until it becomes a grainy consistency. Take a spoon and press the graham crust into the foil making sure all of the edges and bottom are completely covered.
- Place into the oven and bake for 10-15 minutes until browned.
- Remove from oven and allow to cool for about an hour. For the filling, add all of your ingredients into a medium bowl and mix well for about 30 minutes, and then for 3 minutes on low.
- Place into the graham cracker crust, making sure all of the edges are filled.
- Bake in the oven for about 5-10 minutes, and then remove.
- Place onto a cooling rack for about 15 minutes, and then chill in the refrigerator for remaining 45 minutes to set. To serve, remove carefully from dish with foil and cut into bite sized squares. Looking for other ways to use Lime Essential Oil? A great group of bloggers and myself got together so we could share our favorite recipes to use with Lime. You don't have to use essential oils in order to make this delicious dessert, but if you have on hand, give it a try! You can find all of the other great Lime recipes below. Leave me a comment if you make these Creamy Lime Pie Square Bites and tell me if you love them as much as we do! If you have ever wanted to start using essential oils, you can read all about WHY I love to use mine here. Want to use Lime in a few different recipes? Check these additional recipes out. Coconut Lime Spritzer // Blackberry Lime Margaritas // Strawberry Limeade
- Cherry Lime Chia Energy Bars // Strawberry Margarita Cheesecake // Creamy Lime Pie Bites
- Margarita Crepe Cake // Edible Watermelon Bowl // Margarita Cookies
- Southwestern Black Bean & Corn Salad // Lime Cheesecake Shooters
- Not all essential oils are edible. Due to lack of purity, 98% of essential oils sold should NOT be ingested. An edible essential oil will be labeled therapeutic-grade and have a Supplement Facts box on the label showing the nutritional value do NOT use just any brand of essential oil for cooking/flavoring foods. Be sure to use pure oils from reliable sources, not synthetic

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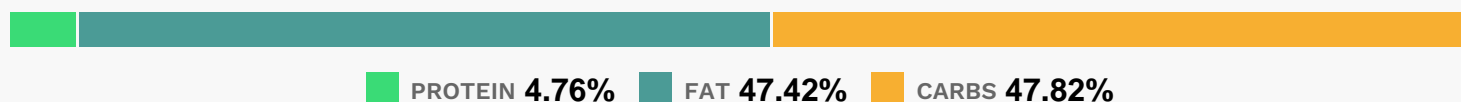
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## Nutrition Facts



## Properties

Glycemic Index:125.55, Glycemic Load:54.03, Inflammation Score:-7, Nutrition Score:10.278695652174%

## Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

## Nutrients (% of daily need)

Calories: 630.78kcal (31.54%), Fat: 33.44g (51.45%), Saturated Fat: 18.96g (118.47%), Carbohydrates: 75.88g (25.29%), Net Carbohydrates: 73.3g (26.65%), Sugar: 21.79g (24.21%), Cholesterol: 76.33mg (25.44%), Sodium: 281.66mg (12.25%), Protein: 7.55g (15.1%), Vitamin B1: 0.42mg (28.33%), Folate: 96.72µg (24.18%), Selenium: 14.56µg (20.79%), Iron: 3.69mg (20.48%), Vitamin B3: 4.06mg (20.32%), Vitamin B2: 0.32mg (18.89%), Vitamin A: 887.65IU (17.75%), Manganese: 0.29mg (14.31%), Phosphorus: 138.54mg (13.85%), Fiber: 2.58g (10.32%), Magnesium: 34.72mg (8.68%), Zinc: 1.14mg (7.6%), Vitamin E: 0.85mg (5.67%), Calcium: 48.4mg (4.84%), Copper: 0.08mg (3.99%), Potassium: 128.7mg (3.68%), Vitamin D: 0.53µg (3.55%), Vitamin B6: 0.06mg (3.09%), Vitamin K: 2.62µg (2.49%), Vitamin B5: 0.22mg (2.24%), Vitamin B12: 0.06µg (1.01%)