

DESSERT

Grasshopper Pie

4 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
20 min	12 min	8 min	8	\$0.84	286 kcal

Grasshopper Pie might be a good recipe to expand your dessert repertoire. For 84 cents per serving, this recipe covers 3% of your daily requirements of vitamins and minerals. This recipe makes 8 servings with 286 calories, 4g of protein, and 18g of fat each.

Ingredients

- ☐ 2 tablespoons butter, melted
- ☐ 1/3 cup green crème de menthe
- ☐ 3 tablespoons sugar
- ☐ 8 ounce frozen reduced-calorie whipped topping, thawed
- ☐ 8 ounce block 1/3-less-fat cream cheese, softened
- ☐ 1 large egg white, lightly beaten
- ☐ 6 reduced-fat cream-filled chocolate sandwich cookies (such as reduced-fat Oreos) such as Oreos

EQUIPMENT Food processor, Bowl, Oven, Wire rack, Blender

Method

- 1

Preheat oven to 37
- 2

Place cookies in a food processor; process until finely ground.
- 3

Add butter and egg white; pulse 2 or 3 times or just until combined. Press into bottom and up sides of a 9-inch pie plate coated with cooking spray.

- 4 Bake at 375 for 8 minutes; cool completely on a wire rack.
- 5 Combine cream cheese and sugar in a large bowl; beat with a mixer at medium speed until smooth. Gradually add crme de menthe, beating well. Fold in whipped topping.
- 6 Spread pie filling into prepared crust. Cover and chill at least 8 hours.

Nutrition per serving

286	4 g	18 g	23 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11.2 g · 70% of daily needs
Fibre			0.3 g · 1% of daily needs
Sugar			20 g · 22% of daily needs
Sodium			174 mg · 8% of daily needs
Cholesterol			36.7 mg · 12% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grasshopper-pie-147675