

Super Oats Pie Crust

2 rounded scoops Super Oats (140 calories)

2 packages Sugar Twin Sweetener (Equal or Sweet & Low won't work because the sweetness will not remain when you bake it)

1 teaspoon vanilla

1/4 cup water

Mix with spoon in 8 inch pie plate. With back of spoon press mixture in bottom of pie plate & up the sides a little. Wet back of spoon to help keep it from sticking.

It won't look perfect, but try not to have any holes in it. After you have done this a few times, it will be easier and have less holes.

Bake in pre-heated oven at 350 for 10 minutes. It should not look wet when done and it will puff up a little.

Can be used with Chocolate Pudding recipe, but use less water in the recipe when you plan to use it for the filling for the Super Oats Pie Crust.