



Tooty-Fruity Pudding Cup

Makes 8 servings
Serving Size: ½ cup

Ingredients

- 1 (3.4-ounce) box instant vanilla pudding
- 2 cups skim milk
- 2 cups fresh or canned fruit of your choice, sliced
- 1 ½ cups crunchy granola cereal

Directions

Mix pudding according to package instructions, using the 2 cups of milk. Cover with plastic wrap and chill until set.

Into 8 individual small paper cups, layer the following ingredients: -Fruit -Pudding -Cereal
Repeat the layers for each cup.

Nutrition Information Per Serving

130 Calories, Total Fat 0.5g, Saturated Fat 0g, Protein 3g,
Total Carbohydrate 28g, Dietary Fiber 1g, Sodium 250mg,
Good source of vitamin C.

To Lean More,
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