

RASPBERRY CHOCOLATE PUDDING CUPS



ingredients:

- 1 package fat-free, sugar-free instant vanilla pudding mix
- 2 cups fat-free milk
- 1 3/4 cups fat-free whipped topping, divided
- 2 sheets chocolate graham crackers, crumbled
- 1 cup fresh raspberries
- powdered sugar

directions:

1. Prepare pudding according to package directions. Refrigerate for 30 minutes.
2. Fold 1 cup softened whipped topping into pudding.
3. To assemble each cup, layer 2 Tablespoons graham cracker crumbs, 2 Tablespoons raspberries, and 1/2 cup pudding mixture. Top with 2 Tablespoons whipped topping, an additional raspberry, and a sprinkle of powdered sugar.

Yield: 6 servings

Nutrition Information Per Serving:

110 Calories
2 grams Fat
1 gram Saturated Fat
5 mg Cholesterol
135 mg Sodium
20 grams Carbohydrates
2 grams Fiber
4 grams Protein

Food exchanges:

1/2 dairy, 1 starch, 1 fat



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