

STRAWBERRY SHORTCAKE PUDDING CUPS



ingredients:

- 1 package fat-free, sugar-free instant vanilla pudding mix
- 2 cups fat-free milk
- 1/2 teaspoon almond extract
- 18 vanilla wafers
- 1 3/4 cups fat-free whipped topping, divided
- 1 cup sliced strawberries
- 1/2 cup slivered almonds

directions:

1. Prepare pudding according to package directions. Refrigerate for 30 minutes.
2. Add almond extract and 1 cup softened whipped topping to pudding and mix gently to combine.
3. To assemble each cup, layer 3 vanilla wafers (broken in half as needed), 2 Tablespoons strawberry slices, and 1/2 cup pudding mixture. Top with 2 Tablespoons whipped topping, slivered almonds, and additional strawberry slices.

Yield: 6 servings

Nutrition Information Per Serving:

193 Calories
8 grams Fat
1 gram Saturated Fat
5 mg Cholesterol
162 mg Sodium
24 grams Carbohydrates
2 grams Fiber
6 grams Protein

Food exchanges:

1/2 dairy, 1 starch, 1 1/2 fat



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