

## **Caramel Apple**

1 pkg. butterscotch instant pudding, no-added-sugar (6 serving size)  
20 oz. can pineapple, crushed, and drained  
8 oz. container Cool Whip Lite®  
1 medium apple, chopped

Mix dry contents of pudding to the Cool Whip Lite. Add drained pineapple. Mix well. Add chopped apple, mix and refrigerate one hour and serve. Makes 4 servings.

Nutrition information per serving: calories 132; protein 0 grams; fat 4 grams; sodium 332 mg