

Cheesecake

Submitted by Kendra Z.

1 cup cottage cheese, fat free, small curd
2 Tbsp instant cheesecake no-added-sugar pudding mix

Blend together with a wand mixer or blender. Portion into 2 containers and refrigerate. *Optional:* top with fresh fruit. Makes 2 servings.

Nutritional information per serving: 97 calories, 14 grams protein, 0 fat, 10 grams carb and 560 mg sodium.