

Cottage Cheese Fluff

1 (4 serving) package sugar free
gelatin (powder only)
16 oz cottage cheese, fat free
8 oz Cool Whip®
20 oz can pineapple, packed in juice
or water, drained

Mix together. A quick and easy snack. Makes 8 servings.

Nutritional information per serving: 146 calories, 7 grams protein, 5 grams fat, 16 grams carbohydrate, 254 mg sodium.