

Cream Cheese Dessert

8 oz. fat-free cream cheese, room temperature
1 pkg. sugar-free vanilla instant pudding (4 serving size)
3 cups skim milk
2 cups strawberries, fresh, sliced
6 pkts. Equal® sweetener

In a small mixing bowl, combine pudding mix and milk. Beat on low speed to mix ingredients. Add cream cheese; increase speed and beat until smooth and thickened. Pour into individual or a large serving dish. In a separate bowl, mix Equal and strawberries. Top cream cheese mixture with strawberries and refrigerate. Makes 8 servings.

Nutrition information per serving: calories 119; protein 7 grams; fat 1 gram; sodium 232 mg