

Easy Bavarian Cream

2 cups milk, skim
1 package instant sugar free pudding mix—4 serving size
½ cup Egg Beaters Whites®

Prepare and cool instant sugar free pudding according to instructions on package. Vanilla, butterscotch, white chocolate, banana or chocolate are good flavor options. Stiffly beat Egg Beaters Whites. Add to prepared sugar free pudding. Chill for 2 hours. Makes 4 servings.

Nutrition information per serving: 95 calories, 8 grams protein, 0 grams fat, 14 grams carbohydrate, 423 mg sodium.

Use Easy Bavarian Cream to make delicious desserts:

Layer White Chocolate Bavarian Cream in wine glasses with fresh raspberries or strawberries.

Crumble a sugar free vanilla wafer cookie in the bottom of a wine glass, top with Vanilla Bavarian Cream and crumble another sugar free vanilla wafer on top. Garnish with a fresh strawberry and a mint sprig.

Scoop ½ cup Butterscotch Bavarian Cream into a small serving bowl and top with sliced bananas.

Make an elegant truffle by layering Bavarian Cream, fresh fruit and sugar free angel food cake (cut into pieces) in a truffle bowl.