

Gelatin Delight

.03 oz. pkg. sugar-free pineapple gelatin (4 serving size)
2 - .03 o z. pkg. sugar-free orange gelatin (4 serving size)
2 cups boiling water
15 oz. can crushed pineapple, packed in water or pineapple juice
8 oz. fat-free cream cheese, softened
2 ½ cups skim milk
3 oz. instant, vanilla pudding mix, no added sugar
8 oz. Cool Whip Lite®

Combine pineapple and orange gelatin with 2 cups boiling water. Stir to dissolve and add crushed pineapple, including juice. Set aside. Combine softened cream cheese, milk, and pudding mix. Beat until smooth and thickened. Stir in gelatin mixture. Pour mixture into a glass dish & chill overnight.

Spread Cool Whip Lite evenly on top before serving. Makes 20 servings ½ cup servings.

Nutritional information per serving: 75 calories; 4 grams protein; 0 grams fat; 13 grams carbohydrate; 305 mg sodium.