

## Orange Pineapple Cream Dessert

- 1 – 4 serving pkg. sugar-free pineapple gelatin
- 2 – 4 serving pkg. sugar-free orange gelatin
- 1 1/2 cups boiling water
- 20 oz. can crushed pineapple, no added sugar
- 8 oz. fat-free cream cheese, softened
- 2 1/2 cups skim milk
- 1 – 4 serving pkg. sugar-free instant, French vanilla pudding mix
- 8 oz. Cool Whip Free®
- Orange slices, optional garnish

Combine all three packages of gelatin with boiling water. Stir to dissolve and then add crushed pineapple (include juice). Set aside. Combine softened cream cheese, milk and pudding mix. Beat until smooth & thickened. Stir in gelatin mixture. Pour mixture into a glass dish or individual stemmed glasses. Chill overnight. Spread Cool Whip evenly on top. Garnish with orange slices if desired. Makes 12 servings.

**Nutrition information serving:** 118 calories, 6 grams protein, 0 grams fat, 21 grams carbohydrate, 293 mg sodium.