



Orange Fantasy

Submitted by Lydia C.

1-25 oz can Mandarin Oranges in own juices
1-15 oz container cottage cheese, fat free
1-8 oz container sugar free Cool Whip
1 small box sugar free orange gelatin (dry)

Mix the first three ingredients together; pour dry gelatin straight from box over mixture and stir in. Decorate top of Fantasy with some of the orange slices and chill. Best served after chilled overnight. Makes 8 servings.

Nutrition information per serving: 131 calories, 6 grams protein, 4 grams fat, 22 grams carbohydrate and 174 mg sodium.