

Pineapple Perfection

2 pkgs. sugar-free vanilla pudding (4 serving size)
20 oz. can pineapple, crushed, in juice
2 cups fat-free sour cream
1 cup Cool Whip Lite®
2 large bananas, sliced

Mix pudding, crushed pineapple with juice and sour cream. Beat at medium speed for 2 minutes. If mixture becomes too thick, add a little skim milk. Stir in bananas if desired. Put mixture into small sundae dishes and refrigerate 1-2 hours. Top with Cool Whip Lite prior to serving. Makes 8 servings.

Nutrition information per serving: calories 169; protein 5 grams; fat 1 gram; sodium 134 mg