

Pistachio Pineapple Dessert

- 1 1/3 cups low fat cottage cheese
- 2 cups crushed pineapple, packed in water, drained
- 4 tbsp. Cool Whip Lite®
- 1 pkg. sugar-free pistachio instant pudding (4 serving size)

Blend Cool Whip Lite and cottage cheese until smooth. Add pineapple and dry pudding mix. Stir until smooth. Refrigerate for 20 minutes and serve. Makes 7 servings.

Nutrition information per serving: calories 75; protein 11 grams; fat 2 grams; sodium 420 mg