

SPEND SMART. EAT SMART.®

Quick Fruit Dessert

Serves: 8 Cost/Serving: \$0.45 Serving Size: 1/2 cup

INGREDIENTS

- 8 vanilla wafers
- 2 cups low fat or nonfat milk
- 1 box (3.4 ounces) instant vanilla pudding
- 1 cup fresh fruit (peaches, nectarines, blueberries, strawberries, bananas, etc.)

INSTRUCTIONS

- 1 Place one vanilla wafer on bottom of a small paper or plastic cup or a small bowl. Do the same for each vanilla wafer.
- 2 Pour milk into a bowl, add pudding mix, and prepare pudding according to the directions on the box.
- 3 Top each vanilla wafer with 1/4 cup vanilla pudding.
- 4 Cover and refrigerate 30 minutes to 8 hours.
- 5 Top with washed and cut up fresh fruit just before serving.

TIPS

If fresh fruit is not available, use canned mandarin oranges, peaches, or pears (all well drained).

Nutrition Facts

8 Servings Per Recipe

Serving Size: 1/2 cup

Amount Per Serving

Calories **90**

% Daily Value*

Total Fat 1g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 220mg **9%**

Total Carbohydrates 19g **6%**

Dietary Fiber 0g **0%**

Total Sugars 17g

Added Sugars **NA***

Protein 2g

Vitamin D 1mcg **5%**

Calcium 80mg **6%**

Iron 0mg **0%**

Potassium 137mg **3%**

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.