

Luscious Lemon Pineapple Dessert

Serving Size: ½ cup

Serves: 8

Ingredients

1 (20 oz can) crushed pineapple, with juice

1 small package sugar free, fat free instant lemon pudding mix (use dry mix without milk)

½ cup fat free sour cream

2⅓ cups crumbled graham crackers

Fresh mint for garnish

Directions

In a medium bowl, combine pineapple with juice, pudding mix, and sour cream. Mix well.

Distribute the graham cracker crumbs into the bottom of 8 dessert cups.

Spoon in the pudding mixture.

Chill at least 30 minutes before serving.

Garnish with fresh mint.

Exchanges per serving:

1 Fruit, ½ Carbohydrate Choice, 1 Fat

Nutrients per serving:

Calories: 164

Calories from fat: 52

Total Fat: 6g

Saturated Fat: 1g

Cholesterol: 1mg

Sodium: 266mg

Carbohydrate: 27g

Dietary Fiber: 1g

Protein: 2g