

Memorial's Oreo Cookie Dessert

Serving Size $\frac{3}{4}$ Cup

Serves 6

Ingredients:

2 packages sugar-free vanilla pudding mix
3 cups skim milk
8 oz fat-free cream cheese, softened
8 oz light whipped topping
16 sugar-free Oreo Cookies, broken into small pieces

Directions:

Mix together pudding mix and milk on low speed of electric mixer; add cream cheese and mix until well blended. With a stirring spoon (do not use mixer), add the whipped topping and mix well. Add cookie pieces and mix in. Chill for several hours or overnight before serving.

Exchanges per serving:

1 Starch, 2 Fat

Nutrients per serving:

Calories: 161

Calories from fat: 53%

Total Fat: 10g

Cholesterol: 2mg

Total Carbohydrate: 15g

Sodium: 63mg

Dietary Fiber: 0mg

Protein: 4g