

Lisa's Famous Desert

Yield: 8 servings

Serving Size: 1/8 of recipe

Ingredients

- 1 carton instant pudding mix, banana or vanilla (3.5 ounce)
- 2 cups non-fat or low-fat (1%) milk
- 8 ounces yogurt, fat free (or non-dairy whipped topping)
- 2 banana (sliced, or other sliced fruit)

Instructions

1. In a medium bowl, combine milk and pudding. Beat with wooden spoon, wire whisk, or electric mixer on lowest speed for 2 minutes
2. Gently mix yogurt (or whipped topping) with pudding mixture. Refrigerate for 30 minutes.
3. Layer fruit slices in the bottom of 8 dessert cups.
4. Pour the pudding mixture over sliced fruit.
5. Refrigerate until ready to serve, at least 5 minutes, though it's better if it's refrigerated longer.

Cost

Per serving: \$0.24

Nutrition Facts	
Serving Size 1/8 of recipe (132g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 5
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 230mg	10%
Total Carbohydrate 24g	8%
Dietary Fiber 1g	4%
Sugars 18g	
Protein 4g	
Vitamin A 2%	• Vitamin C 8%
Calcium 10%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	