

LOW-FAT WHIPPED FROSTING



VantageWellness.com

Ingredients

Yield: 10 servings

- 1 tub of fat free or low fat cool whip
- 1 box of sugar free vanilla jello instant mix
- ½ of the amount of Skim or Almond milk that the jello calls for

Directions

1. Mix one vanilla pudding packet with half of the milk called for on the package.
2. Whisk until it begins to thicken.
3. Fold in one container of cool whip.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1/10 th	54	0 g	0 g	11 g	200 mg

Carbohydrate Exchanges: 1