

Speedy Fruit Yogurt Pudding

Makes four ½ cup servings

1 16-ounce can mixed fruit, unsweetened or in light syrup
1 small package of instant vanilla pudding, regular or sugar free*
1 cup or more unsweetened, nonfat yogurt

Directions

Mix ingredients together and pour into serving dishes or a refrigerated container.
If not used right away, refrigerate.

* For a lower sodium product, prepare (cook) regular vanilla pudding and drain the juice from the fruit before combining the fruit and pudding.

Nutrition information per serving:

Calories	178
Carbohydrate	40 g
Vitamin C	2 mg
Sodium	412 mg
Potassium	264 mg