

# Speedy Fruit Yogurt Pudding

## Ingredients:

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



Amount Per Serving	
Calories 180	Calories from Fat 0
% Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 410mg	17%
Total Carbohydrate 40g	14%
Dietary Fiber 1g	5%
Sugars 3g	
Protein 4g	
Vitamin A 15%	Vitamin C 8%
Calcium 15%	Iron 2%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

## Preparation:

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

Makes four 1/2 cup servings

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