

SHAKE-A-PUDDING

★ Serves: 8

- 2 cups milk, skim or low-fat 1%
- 1 (3 1/2 ounces) box of instant vanilla pudding mix
- 2 bananas, peeled, sliced (or other sliced fruit)

1. Place 2 cups of milk in a quart jar with tight-fitting lid.
2. Add one small package of instant vanilla pudding mix to the jar; screw lid on jar.
3. Shake until mixture is smooth.
4. Place pieces of fruit in a serving bowl or paper cups.
5. Pour pudding over fruit and chill

TIPS

- Try using different kinds of fruit such as fresh berries in season.
- Try sugar-free pudding mix for fewer calories.
- Great calcium builder.

Nutrition facts: Serving size: 1/2 cup; Calories: 150; Fruits and Vegetables: 1/2; Fat: 0.5 g; Fiber: 1 g