

Peachy Yogurt Pudding

Ingredients:

- 1 package fat-free vanilla instant pudding mix
- 1 cup skim milk, chilled
- 6 ounces yogurt with fruit, lowfat, peach flavored, chilled
- 15 ounces peach slices in juice, drained and diced

Equipment:

- Mixing bowl
- Beater, whisk or large spoon
- Measuring cup
- Cutting board
- Knife

Number of Servings: 8
 Preparation Time: 5 minutes
 Total time: 10 minutes

Directions

1. Pour pudding mix in a bowl, add milk and yogurt. Beat for two minutes.
2. Add diced peaches. Stir.
3. Pour into serving cups, chill for at least 5 minutes, serve.

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Nutrition Facts	
Serving Size: 1/2 cup	
Servings: 8	
Amount Per Serving	
Calories 116	Calories from Fat 18
%Daily Value*	
Total Fat trace g	0%
Saturated Fat trace g	1%
Cholesterol 2mg	1%
Sodium 204mg	9%
Potassium 156mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	2%
Protein 2g	4%
Vitamin A 6%	Vitamin C 4%
Iron 1%	Calcium 7%

*Percent Daily Values are based on a 2,000 calorie diet.

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