

..... *Enjoy!*

YUMMY LIME-PINEAPPLE DESSERT

MATERIALS

Large bowl
Mixing spoon

YIELD

About eight 3/4-cup servings

INGREDIENTS

1 (16-ounce) carton nonfat cottage cheese
1 small package (.3 ounce) lime or orange sugar-free gelatin
1 (8-ounce) package fat-free, non-dairy whipped topping, softened
1 (8-ounce) can pineapple tidbits, drained

DISH: **DESSERT**

FOOD GROUP(S):
DAIRY, FRUIT



NUTRITION FACTS PER SERVING

Calories: 51, Total fat: 1g, Sodium: 242mg, Cholesterol: 2mg,
Total carbohydrates: 8g, Protein: 7 g

DIRECTIONS

1. Combine ingredients and mix well.
2. Chill before serving.

CHEF'S NOTES

- ▷ Make this dish first so that it has time to chill while you make and eat your main meal.
- ▷ Mix and match the gelatin and fruit combinations to create fun flavors your family will love.
- ▷ Low-fat or nonfat cottage cheese is a good way to add dairy to your meal and keep your dessert healthy.
- ▷ Remember, even when a food is a healthy alternative, portion control is still important. Try not to overdo it just because it's "healthy."
- ▷ Read the labels and ingredient lists! Sometimes, when fat or sugar is taken out of a product, something else is added to make up for the flavor loss...and sometimes the "something else" is not good for you either.