

## Fluff Dip for Fruit

**Prep time:** 10 minutes

**Ready in:** 10 minutes

**Serving Size:** 32 servings

### Ingredients:

- 2 packages instant vanilla pudding mix
- 1c. fat free milk
- 1 tsp almond extract
- 16oz container, low fat, frozen whipped topping, thawed

### Directions:

1. In a medium bowl, mix together the vanilla pudding mix, milk and the almond extract.
2. Beat in the thawed whipped topping.
3. Chill for 1 hour in the fridge before serving.

**\*\*Tip: Milk.** Milk contains protein, calcium, potassium, magnesium, vitamin A, B12, D and K. It helps to build strong bones and teeth as well as a strong heart and eyes.

### Nutrition Facts (per serving):

Calories: 19

Fat: 1g

Cholesterol: 0mg

Sodium: 82mg

Carbohydrates: 3g

Fiber: 0g

Sugar: 2g

Protein: 0g



Attributed to allrecipes.com; Modified by Emily Madden; 2013 Dietetic Student

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