

The Amazing Watergate Salad

Ingredients

1 pkg. (1 oz.) JELL-O Pistachio flavor fat free sugar free instant pudding
1 can (8 oz.) crushed pineapple in juice, undrained
1 cup vanilla low-fat yogurt
2-1/2 cups thawed Cool Whip Free Whipped Topping, divided

Directions:

Mix dry pudding mix, pineapple and yogurt in large bowl with whisk until well blended. Stir in 2 cups Cool Whip.

Refrigerate 1 hour.

Serve topped with remaining Cool Whip if desired.

Makes 8 (1/2 Cup Servings)

Nutrition Information:

100 calories; 1.5 g fat; 0 mg cholesterol; 20 g carbs; 2 g protein; 0 g fiber; 190 mg sodium

Source : allrecipes.com