

# CRAN-APPLE WHIP

*Gluten Free, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (Serving= 1/2 cup)*

## **Nutrition (per serving)**

Calories: 127	Total Carbohydrate: 28
Total Fat: 3 g	Dietary Fiber: 2 g
Saturated Fat: 3 g	Total Sugars: 14 g
Sodium: 227 mg	Protein: 5 g

## **Ingredients**

- 1 ounce instant sugar free, fat free white chocolate pudding mix
- ½ teaspoon ground cinnamon
- 2 - 6 ounce containers Greek non-fat vanilla yogurt
- ¼ teaspoon vanilla extract
- 8 ounce container lite whipped topping
- 1 medium red apple, cored and finely diced
- ¼ cup finely chopped dried cranberries

## Directions

1. In a large bowl, combine pudding mix, cinnamon, yogurt, vanilla extract, and whipped topping with an electric mixer for 1-2 minutes. Fold in apples and dried cranberries.

Serving ideas: - 1) Serve in hollowed Granny Smith apple and garnish with dried cranberries, chopped pecans and blue cheese. 2) Serve with sliced Granny Smith apples or graham crackers