

White-Chocolate Orange Pudding

Serves 12

Equipment Needed:

- 3 c. cold skim milk
- 2 boxes (4 servings each) sugar-free instant white chocolate pudding
- 4 c. light whipped topping, thawed
- 1½ tsp. grated orange peel

Equipment

- Mixing bowl
- Measuring cups and spoons
- Wire whisk
- Grater
- Gelatin mold or serving dish

Directions

1. Pour milk into a large bowl and add pudding mix.
2. Beat with the wire whisk for 1 minute.
3. Gently fold in whipped topping and orange peel.
4. Spoon into mold or serving dish.
5. Refrigerate until ready to serve.



Nutrition Facts	
12 servings per container	
Serving size	1/3 cup (91g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 1mcg	6%
Calcium 79mg	6%
Iron 0mg	0%
Potassium 105mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

