Very Berry Cheesecake Salad

Ingredients:

- 1 box sugar free cheesecake pudding mix
- ½ cup cool whip
- 1 (5 oz.) container of low fat Vanilla Greek Yogurt
- 6 cups of berries of any choice

Yield: 12 servings
Serving size: 1/2 cup

Happy National Nutrition Month

Instructions:

1. Mix all pudding mix, cool whip and greek yogurt together in a bowl
2. Fold in Berries
3. Serve Cold

Nutrition Per Serving:

Calories: 53 Fat: 1 Carbohydrate: 10g Sodium: 33 mg Protein: 2 g