

Four Layer Dessert

1 cup flour
½ cup finely chopped Planters® Slivered Almonds
½ cup (½ stick) margarine, melted
1 pkg (8 oz) Philadelphia® Fat Free Cream Cheese, softened
½ cup powdered sugar
2 cups thawed Cool Whip Lite® Whipped Topping, divided
3 cups fatt-free milk
2 packages (4 serving size each) Jell-O® Fat Free Sugar Free Instant Reduced Calories Pudding & Pie filling, any flavor

1. Mix flour, almonds, and margarine in large bowl until well blended and crumbly. Press firmly onto bottom of 13x9 baking pan. Bake at 350F for 15 minutes or until lightly browned. Cool.

2. Stir cream cheese and powdered sugar with wooden spoon until well blended. Gently stir in 1 cup of the whipped topping. Spoon over crust.

3 Pour milk into large bowl. Add pudding mixes. Beat with a wire whisk 2 minutes. Spoon over cream cheese mixture. Spread with remaining 1 cup whipped topping. Refrigerate 3 hours or until ready to serve.

Makes 12 servings

Source: Diabetic Cooking Magazine

DIETARY EXCHANGES:

2 Carbohydrate, 2 Fat

NUTRIENTS PER SERVING:

Cal.:200

Total Fat: 8 g

Carb.: 26 g

Chol.: <5 mg

Fiber: <1 g

Sat. Fat: 2.5 g

Protein: 7 g

Sodium: 400 mg