

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Carmel-Apple-Fluff
Serves 8**

Ingredients

3 large apples (whatever kind you prefer)
1½ cup 1% or slim milk, cold
1 (1-ounce) box fat-free, sugar-free instant butterscotch pudding mix
1 (8-ounce) container fat-free or sugar-free whipped topping
¼ cup chopped peanuts (optional)

Directions:

1. Cut apples into small pieces.
2. In a large bowl whisk together milk and pudding mix until it begins to thicken, about 2 minutes.
3. Fold in whipped topping.
4. Gently mix in apples.
5. Top with peanuts, if desired
6. Chill for 1 hour

Nutritional Information per 1/2 cup serving:

Calories: 103	Carbohydrates: 22g
Total Fat: 1g	Cholesterol: 2mg
Saturated Fat: 0g	Dietary Fiber: 2g
Protein: 0.4g	Sodium: 106g