

**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



**Pina Colada Pudding
Serves 6**

Ingredients:

- 1 (4-serving) package Sugar-free, Fat-free Vanilla Instant Pudding mix
- 1 cup skim milk
- 1 cup plain or vanilla, fat-free Greek yogurt
- 1 (8-ounce) crushed pineapple, packed in juice, undrained
- ¼ cup flaked coconut
- ½ teaspoon imitation rum flavoring (optional)

Directions:

1. In a large bowl, whisk together mix vanilla pudding mix and milk.
2. Add remaining ingredients.
3. Cover and refrigerate 2 hours.

Nutritional Information per ½ cup 1 serving:

Calories: 70	Carbohydrates: 11g
Total Fat: 3g	Cholesterol: 1mg
Saturated Fat: 2g	Dietary Fiber: 1g
Sodium: 51mg	Protein: 3g

Recipe by Tracey Burg, RD