

Low-Point Blueberry Bliss

Ingredients:

- 1, 1 oz. box of sugar-free fat-free instant vanilla pudding
- 2 cups 1% milk
- 2, Greek 100 blueberry yogurts
- Fresh blueberries
- 1 cup Lite Cool Whip, plus 2 Tbs for the topping of each dessert bowl.
- Granola

In a large bowl, combine pudding and milk. Whisk for about two minutes until the pudding starts to get firm. Add yogurts, fresh blueberries, and cool whip. Spoon 1/2 cup into little dessert bowls or ramekins. Sprinkle with just a little bit of granola and enjoy! Refrigerate for a few hours beforehand if you prefer it chilled.

Total servings - 9, 1/2 cups

Serving size - 1/2 cup

Points per servings - 1.5

Points plus per serving - 2

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"Eat well, live simply, laugh often." - Anonymous