



Cottage Cheese Fluff

1 (4 serving) package sugar free gelatin (powder only)
16 oz cottage cheese, fat free 8 oz Cool Whip®
20 oz can pineapple, packed in juice or water, drained

Mix together. A quick and easy snack. Makes 8 servings.

Nutritional information per serving: 146 calories, 7 grams protein, 5 grams fat, 16 grams carbohydrate, 254 mg sodium.