

Fruity Cottage Cheese

3 cups Cool Whip Lite®
1 pkg. sugar-free orange Jell-O® (6 serving size)
16 oz. container fat-free cottage cheese
15 oz. can mandarin oranges in juice

Empty Cool Whip into bowl and add dry Jell-O®, mix well. Add cottage cheese and mix with a spoon until blended. Fold in drained oranges. Cover bowl with plastic wrap and chill for at least 1 hour before serving. Makes 6 servings.

Other substitutions are:

Strawberry Jell-O, fresh strawberries
Lime Jell-O, canned or fresh pineapple
Cherry Jell-O, fresh Michigan sweet cherries

Nutrition Information per serving: calories 128; protein 6 grams; fat 6 grams; sodium 193 mg