

## **Strawberry Banana Delight**

- 1 pkg. (4 serving size) cook and serve sugar-free vanilla pudding
- 2 cups water
- 1 pkg. (4 serving size) sugar free strawberry-banana gelatin
- 1 cup sliced strawberries
- 1 medium banana, sliced

Combine pudding and water in saucepan. Heat until thickened. Add the gelatin powder and mix well. Set aside until cool. In the bottom of an 8 x 8 glass baking dish, place sliced strawberries and banana. Pour pudding and gelatin mixture over the strawberries and refrigerate until set. Makes 6 servings.

Optional Protein Boosts: Add 1 scoop of protein powder to the pudding and water or stir in 1 oz of Wild Cherry ProStat® to the cooled pudding gelatin mixture prior to pouring over fresh fruit.

Flavor Option: Substitute the flavor of gelatin and fruit, such as orange gelatin and mandarin oranges.

Nutrition information per serving: 60 calories; 1 gram protein; 0 grams fat; 12 grams carbohydrate; 274 mg sodium.