



Cappuccino Dessert

Prep Time: 10 min **Total Time:** 1 hr 10 min

- 2 cups cold fat-free milk
- 2 tsp. MAXWELL HOUSE Instant Coffee
- 1 pkg. (4-serving size) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding
- 1/8 tsp. ground cinnamon
- 1 cup thawed COOL WHIP LITE Whipped Topping

1. **POUR** milk and instant coffee into medium bowl. Add dry pudding mix. Beat with wire whisk 2 minutes or until well blended. Pour into five dessert dishes.
2. **REFRIGERATE** at least 1 hour before serving.
3. **ADD** cinnamon to whipped topping; stir with wire whisk until well blended. Spread over pudding. Store leftovers in refrigerator.

Makes: 5 servings

Nutrition Bonus

You'll think you're sipping a creamy rich cappuccino when you taste this luscious dessert, but it is both low fat and a good source of calcium!

Nutritional Information (per serving): Calories 90; Total fat 2g; Saturated fat 2g; Cholesterol 0mg; Sodium 320 mg; Carbohydrate 14g; Dietary fiber 0g; Sugars 7g; Protein 4g; Vitamin A 4%DV, Vitamin C 0%DV, Calcium 10%DV, Iron 0%DV



Spice it Up

Top with chocolate covered coffee beans, ground cinnamon or nutmeg.