

Blueberry Blend Pudding

Ingredients:

- 2 cups low fat cottage cheese
- 1 cup low fat yogurt
- 2 tablespoons sugar
- 3 tablespoons lemon juice
- 2 cups blueberries, fresh or frozen

Equipment:

- Mixing bowl
- Measuring spoons
- Measuring cups
- Spatula

Number of Servings: 4
 Preparation Time: 5 minutes
 Total time: 5 minutes

Directions

1. Put all ingredients together in a bowl or blender.
2. Blend or mix well, then chill.

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Nutrition Facts

Serving Size: 1/2 cup
 Servings: 4

Amount Per Serving		
Calories 190	Calories from Fat 18	
		%Daily Value*
Total Fat 2g		5%
Saturated Fat 3g		11%
Cholesterol 12mg		12%
Sodium 314mg		13%
Potassium 399mg		11%
Total Carbohydrate 28g		9%
Dietary Fiber 2g		8%
Protein 14g		14%
Vitamin A 4%	Vitamin C 26%	
Iron 2%	Calcium 25%	

*Percent Daily Values are based on a 2,000 calorie diet.

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.