



WESTERN WISCONSIN HEALTH

BAVARIAN CREAM DESSERT

- 1 C. fat-free/light sour cream
- 1 small box sugar-free/fat-free instant vanilla or cheesecake pudding
- 1 1/2 – 2 C. mixed berries fresh or frozen
- 4 oz. reduced-fat cream cheese
- 1 C. skim milk
- Graham cracker crumbs
- Light whipped cream

Nutrition Facts			
Serving Size (112g)			
Servings Per Container			
Amount Per Serving			
Calories 170	Calories from Fat 30		
% Daily Value*			
Total Fat 3.5g			5%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 440mg			18%
Total Carbohydrate 30g			10%
Dietary Fiber 1g			4%
Sugars 9g			
Protein 3g			
Vitamin A 4%		Vitamin C 15%	
Calcium 8%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Mix first four ingredients. Sprinkle most of the crushed graham crackers on bottom of 9x13" pan (save small amount for topping). Blob pudding mix on crust (edges first works best), and spread carefully. Put fruit on mix. Spread light whipped topping. Sprinkle remaining graham cracker crumbs on top.

NUTRITION FACTS: Serving size: 3/4 inch square per serving, 12 servings