

Snappy Strawberry Shortcake Snacks

Serves 4

Ingredients:

- 2 cups fresh strawberries, cut up into small chunks (about 20 medium berries)*
- 1 tablespoon sugar-free or low-sugar strawberry preserves
- 1 (1 ounce) package sugar-free, fat-free instant vanilla pudding mix
- 2 cups low-fat or fat-free milk
- 16 vanilla wafers



*If fresh berries aren't in season, use frozen (packed without syrup). Thaw and drain berries. Each snack should use about ½ cup berries.

Directions:

1. Prepare pudding with milk according to package directions and refrigerate to set.
2. In a small bowl, gently mix together the sliced strawberries and preserves to glaze the berries; set aside.
3. Using 4 small cups or bowls, layer the ingredients in each bowl, filling first with approximately ¼ cup pudding, then 2 vanilla wafers (crumbled), and ending with about ¼ cup of the chopped strawberries on top. Repeat the layers a second time.
4. Refrigerate approximately 1 hour to soften the vanilla wafers; serve chilled.



Try this!

Use leftover preserves instead of margarine for morning toast or on an English muffin or biscuit. Slather vanilla wafers with peanut butter for a quick snack later in the week.

Estimated Nutrition Facts per serving:

175 calories
4 g total fat
1 g saturated fat
31 g carbohydrate
5 g protein
2 g fiber