



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY Challenge

Four Layer Dessert

Ingredients

- 1 cup flour
- ½ cup finely chopped almonds
- ¼ cup butter or margarine, melted
- 1 (8 oz) package fat free cream cheese
- ½ cup powdered sugar
- 2 cups thawed light whipped topping, divided
- 3 cups fat-free milk
- 2 pkg fat free, sugar free instant pudding, chocolate flavor

Directions

1. Preheat oven to 350°.
2. Mix flour, almonds and margarine until well blended.
3. Press onto bottom of 9 x 13 inch baking pan.
4. Bake 15 minutes, or until lightly browned. Let cool.
5. Mix cream cheese and sugar until well blended.
6. Stir in 1 cup of the whipped topping.
7. Spread onto crust.
8. Pour milk into a large bowl.
9. Add pudding mix.
10. Beat with a wire whisk for 2 minutes.
11. Spread over cream cheese mixture.
12. Cover with remaining whipped topping.
13. Refrigerate to chill.

Nutrition Information **Makes 12 servings**

Per serving:

Calories: 200
Fat: 8g
Carbohydrate: 26g
Protein: 7g
Fiber: 1g
Sodium: 300mg



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Eat Smart