



Zone Fruit Pudding

This is great to have in the refrigerator for easy breakfasts and quick snacks. A food processor or blender turns the cottage cheese and yogurt into a smooth, satisfying mixture that contrast with the fruit and nuts, and the Splenda adds just enough sweetness. Splenda is a natural sweetener made from cane sugar with rearranged molecules so that it is calorie free and does not raise insulin production.

Serves 2

- 1 cup low-fat plain yogurt
 - 1 cup low-fat cottage cheese
 - 1 teaspoon nonalcoholic vanilla flavoring*
 - 2 tablespoons Splenda
 - 1 cup sliced strawberries
 - ½ cup blueberries
 - 1 peach, peeled and sliced
 - ⅓ banana, sliced
 - 15 toasted almonds, coarsely chopped (about 1/4 cup)*
1. In a food processor fitted with the metal blade or in a blender, combine the yogurt, cottage cheese, vanilla, and Splenda, and process until smooth.
 2. In another bowl, gently mix the strawberries, blueberries, peach, and banana.
 3. Scatter half of the almonds in the bottom of a glass pie plate and then top with the fruit. Spoon the pureed yogurt mixture over the fruit. Sprinkle the remaining nuts on top. Cover with plastic wrap and refrigerate for at least 1 hour and up to 8 hours.

Per serving: 30 grams carbohydrates, 23 grams protein, 7.5 grams fat

*You can substitute 1 teaspoon nonalcoholic banana or strawberry flavoring for the vanilla. If you choose to use cottage cheese and yogurt, increase the number of almonds to 30.