



# One Minute Cheesecake Yogurt

## Ingredients

- ½ cup plain Greek yogurt
- 1 tablespoon cheesecake flavored instant pudding mix
- Splash of milk. if desired

## Instructions

- Stir together yogurt and pudding mix until well blended.
- If desired, add a splash of milk to make it creamier.
- Try topping with fruit such as raspberries, strawberries or blueberries.

MAKES 1 SERVING. NUTRITION PER SERVING:  
CALORIES: 120KCAL | CARBOHYDRATES: 15G |  
PROTEIN: 10G | FAT: 2G | FIBER: 0G

*Nutrition information based on low-fat plain Greek yogurt and sugar-sweetened pudding mix (not sugar-free). Adding fruit will increase the fiber content.*