

# RECIPE OF THE MONTH!

## Skinny Oreo Cheesecake Dessert



Because I am currently on a mission to cut down on fats and sugars, I decided this month to drag you along with me, at least as far as recipes go. This dessert honors my three food requirements: Low fat, low sugar, high taste!

Okay, this is not really cheesecake (no cheese) but let your taste buds be fooled.



### Ingredients:

- 1 cup non-fat vanilla Greek yogurt
- 2 Tablespoons sugar-free instant cheesecake pudding mix
- 1 cup sugar-free Cool Whip
- 2 Oreo cookies (or 2 Oreo Thins), crushed

### Directions:

- Stir together the yogurt and pudding mix (just the dry mix, not actual pudding) until smooth.
- Fold in the Cool Whip, and then stir in the crushed cookies.
- Chill until ready to serve.