



### **Tropical Vanilla Pudding Shots**

PER SERVING (1/8th of recipe, 1 pudding shot):  
90 calories, <0.5g fat, 188mg sodium, 15g carbs,  
0g fiber, 8.5g sugars, 0.5g protein --  
**PointsPlus®** value 2\*

**Prep:** 10 minutes

**Chill:** 30 minutes

#### **Ingredients:**

4 oz. fat-free milk

One 4-serving box Jell-O Sugar Free Fat Free Vanilla Instant pudding mix

3 oz. coconut rum

1 oz. lime juice

1/2 cup canned crushed pineapple packed in juice, not drained

1 cup Cool Whip Free, thawed

Optional: pineapple wedges, lime slices

#### **Directions:**

Combine milk and pudding mix in a bowl and whisk or mix until smooth.

Add rum, lime juice, and pineapple, and stir well.

Fold in whipped topping. Once the mixture is smooth and uniform, divide it among 8 small cups.

Refrigerate until ready to serve, at least 30 minutes.

Garnish with pineapple wedges and lime slices, if you like. Enjoy with a spoon!

**MAKES 8 SERVINGS**



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