
Pina Colada Dip II

Betty Havens - Dayton's Rochester

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

2 cartons (8 ounce ea) plain yogurt

1 small carton low-cal vanilla pudding mix

1/2 cup crushed pineapple, drained

1 teaspoon coconut extract

1 teaspoon rum extract

1 cup frozen whipped topping, thawed

bite-size pieces (fresh fruits and/or vegetables such as pineapple, apple, mandarin orange, strawberries, grapes, etc.)

In a medium bowl, blend the yogurt and pudding mix. Stir in the pineapple and extracts. Fold in the whipped topping. Cover.

Refrigerate until serving time.

Yield: 2 1/2 cups

Appetizers

Per Serving (excluding unknown items): 381 Calories; 16g Fat (37.5% calories from fat); 18g Protein; 42g Carbohydrate; 1g Dietary Fiber; 62mg Cholesterol; 229mg Sodium. Exchanges: 1 1/2 Fruit; 2 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.