

Pina Colada Dip for Fruit

Patti Stanley

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Yield: 2 1/2 cups

*1 can (8 ounce) crushed
pineapple*

*3 1/2 tablespoons instant
coconut pudding*

3/4 cup milk

1/2 cup light sour cream

Place the pineapple, pudding, milk and sour cream into a blender or food processor.

Pulse until well blended.

Refrigerate all night.

Serve with any type of fresh fruit.

Per Serving (excluding unknown items): 303 Calories; 9g Fat (23.8% calories from fat); 9g Protein; 52g Carbohydrate; 2g Dietary Fiber; 34mg Cholesterol; 121mg Sodium. Exchanges: 0 Lean Meat; 2 1/2 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.