



# Sweet Treats in Minutes!

## Easy-Breezy Beach in a Cup

1 medium banana  
1 (1 oz.) pkg. instant sugar free vanilla pudding  
2 cups nonfat milk  
12 low fat vanilla wafers  
Ziploc bag, freezer or storage  
Rolling pin  
Miniature umbrellas (find at party supply store)  
Small bounce balls (to look like a beach ball)  
Clear plastic drinking cups

1. Slice the banana. Divide the banana slices between four cups.
2. Follow the directions on the package of instant vanilla pudding.
3. Put 1/2 cup of pudding into each cup.
4. Place cups in the refrigerator.
5. Place vanilla wafers in Ziploc bag. Break the wafers up a bit.
6. Using the rolling pin, roll the wafers into very small pieces.
7. Sprinkle the "sand" across the top of the cups. You will want about 1/4" of "sand" on top of the pudding.
8. Place back in the refrigerator until time to serve.
9. At party time, remove cups from refrigerator; add a small bounce ball and an opened miniature umbrella to the cup.



Serves 4

**Per serving:** 134 calories, 1 gm fat, 28 gm carbohydrate, 1 gm fiber, 4 gm protein, 406 gm sodium, 15 gm sugar

## Very Berry Brownie in a Mug



Recipe from NoPudge Brownie  
Box

2 Tbsp. Non-fat brownie mix such as No Pudge!  
1 Tbsp. Non-fat vanilla yogurt  
2 Tbsp. Frozen mixed berries  
2 Tbsp. Fat-free Reddi Whip

1. Place brownie mix and yogurt into a microwave-safe mug. Stir until smooth and shiny.
2. Pop it into the microwave and cook on high for 1 minute.
3. While the brownie is cooling, microwave the berries on high for 15-30 seconds, just long enough to defrost them.
4. Put the berries on top of the brownie and top with Reddi Whip. Enjoy!

Serves 1

**Per serving:** 132 calories, 0 gm fat, 32.5 gm carb, 1.5 gm fiber, 2.5 gm pro, 107 mg sodium, 25 g sugar