

Chocolate Pudding Granola

SERVING: 6

RECOMMENDED
FOR
**CHILDREN
GROUP**



INGREDIENTS:

- 2 granola bars (9x3 cm)
- 30 g low fat cream cheese, softened
- 1/2 cup low-fat milk
- 10 g vanilla flavor instant pudding powder
- 2 heaping scoops **NUTRILITE Soy Protein Powder Mixed - Delicious Chocolate Flavored**



PREPARATION METHOD:

- 1 Cut granola bars into bite-size pieces; place in six dessert dishes.
- 2 Beat low-fat cream cheese with mixer until creamy.
- 3 Gradually beat in milk.
- 4 Add dry pudding mix; beat on low speed for two minutes. Add some dark chocolate powder if you prefer a richer chocolate taste.
- 5 Spoon over granola squares.
- 6 Top up with fruits of your choice.

Nutrition fact per serving				
Calories	Carbohydrate	Protein	Fat	Calcium
42.0 g	4.6 g	2.7 g	1.3 g	6.1 mg



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