



PURITY DAIRIES

DELICIOUS RECIPES USING PURITY PRODUCTS

PROTEIN PACKED PUDDING

1 cup PURITY LOWFAT COTTAGE CHEESE

1 cup PURITY 1/2 PLUS AB LOWFAT MILK

1 (1-ounce) package sugar free, instant pudding and pie filling mix
white chocolate, chocolate or pistachio

Combine cottage cheese and milk in a blender or food processor. Mix until smooth. Add pudding and continue to process. Pour into serving dishes. Chill and serve with fresh fruit such as strawberries, blueberries, bananas, etc.

Yield: 4 servings, 1/2 cup each.