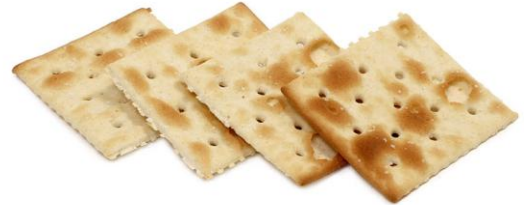


Delicious Napoleon Dessert

Unsalted Saltine Crackers (about 1 ½ sleeves)
Instant sugar free/fat free vanilla pudding
Lite Cool Whip
2 cups of 0% milk (any milk/count the fat)



Method:

Mix pudding with milk as directed on box. Once the pudding begins to thicken, add 1 cup of cool whip and mix again until fully blended together.

Line bottom of baking pan with saltines.

Spread ½ pudding/cool whip mixture on bottom layer of saltines.

Put second layer of saltines on top of pudding mixture.

Spread remaining pudding mixture over the second layer of crackers.

Layer saltines on top.

Top with cool whip only (NOT mixture).

Refrigerate and let set (at least 8-10 hours, preferably overnight).

Cut and enjoy!



Nutrition Label:

Serving size: 2 cracker across x 1 cracker wide = 6 crackers in serving

Total Fat: 0 (will vary depending on milk choice used)

Total Carbohydrate: Around 20 carbohydrates per serving