

PINEAPPLE SLICE

WEIGHT ATTACHERS
PNC-1E

- 1 MED. CAN CRUSHED PINEAPPLE - IN JUICE
- 1 INSTANT NO FAT VANILLA PUDDING - (4 SERVING)
- 1 TUB ULTRA LOW FAT 70% COOK WHIP (LARGE ONE)
- 1 PACKAGE GRAHAM WAFERS 40% LESS FAT.

LAYER 9"-9" PAN WITH 9 GRAHAM WAFERS

MIX PINEAPPLE, & JUICE WITH PUDDING POWDER ONLY.

LET REST A FEW MINUTES. NEXT ADD APPROX

1/2 - 3/4 TUB OF COOK WHIP TO PINEAPPLE & PUDDING.

POUR OVER GRAHAM WAFERS. SPRINKLE 3
CRUSHED WAFERS. CHILLOVERNITE.

CHERRIES, OPT - FOR GARNISH.

Now Sweet Icing

- 1 packet powder (instant) & serving any flavor
- 1 pkg cream whip (dry)
- 1 cup cold milk.

Put in deep bowl & beat until it holds stiff peaks.

It's a large angel food cake