

WW. SALAD

From Bev (July 1971)

MIX { 1 carton of COTTAGE CHEESE (LOW FAT)
1 pkg. orange jello powder
COOLWHIP - to taste (add what you like)
1 tin of mandarin oranges
(pineapple - add whatever)
1 small can of PINEAPPLE TIDBITS

WW. DIP

MIX TOG. { 1 PKG. VANILLA INSTANT PUDDING. (Fat + sugar free)
1 C. MILK

THEN ADD COOLWHIP TO TASTE.