

Easy Low-Carb Pudding



Serves 8*

Ingredients:

- 1 box sugar-free instant pudding mix, any flavor
- 2 cups heavy cream OR mixture of cream and water

Instructions:

1. Beat pudding mix into cold cream in bowl with wire whisk for 2 minutes. Mix until no longer grainy or lumpy, but be sure not to over-beat.

2. Pour into 8 individual serving dishes. Pudding will be soft-set and ready to eat in 5 minutes.

Note:

*This recipe makes 8 very rich servings of pudding, rather than the 4 servings listed on the box.

Nutrition per serving: Calories 223; Total Fat 22.1 g; Saturated Fat 13.8 g; Monounsaturated Fat 6.4 g; Polyunsaturated Fat: 0.8 g; Total Carbohydrates 5.5 g; Dietary Fiber 0.3 g; Sugar Alcohols 0.0 g; Sugars 1.7 g; Protein 1.5 g; Sodium 163 mg