

Pistachio Pineapple Delight from Joan Dullmeyer

This is a recipe a Weight Watchers leader gave me a long time ago. Very refreshing.

1 Box sugar free Pistachio Pudding, dry

1 Can crushed pineapple packed in juice, not drained

1-1/2 cups plain yogurt

Mix all together. Top with Cool Whip if desired.