



## Pomegranate-Berry Crème Cups

- 1 (1-ounce) package sugar-free, fat-free cheesecake-flavored instant pudding and pie filling
- 1  $\frac{3}{4}$  cups 2% reduced-fat milk
- $\frac{1}{4}$  cup bottled pomegranate juice (such as POM)
- 6 (0.4-ounce) waffle cone bowls (such as Keebler)
- $\frac{3}{4}$  cup blueberries or quartered small strawberries
- 6 tablespoons frozen reduced-calorie whipped topping, thawed
- $\frac{3}{4}$  cup pomegranate seeds/arils (1 pomegranate)

1. Prepare pudding mix according to package directions, using 1  $\frac{3}{4}$  cups milk and 1  $\frac{1}{4}$  cup pomegranate juice. Chill 5 minutes.

2. Divide pudding evenly among 6 waffle cone bowls. Top each serving with 2 tablespoons berries and 1 tablespoon whipped topping. Sprinkle each serving with 2 tablespoons pomegranate seeds. Serve immediately. Yield: 6 servings.

Per serving: 149 calories; 3.2 gm fat (19% calories from fat)