

Fruit and Yogurt Jello Cups

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-jello-cups-recipe>

Ingredients:

- 15 7/8 ounces nonfat vanilla Greek yogurt or another flavor...I used Dannon Light & Fit
- 5/16 ounce sugar free Jell-O Gelatin dry mix of, I used Peach flavor
- 1/3 cup chopped fruit I used Peaches
- 12 tablespoons light whipped topping such as Reddi Wip
- fruit *Optional: additional, for topping

Nutrition:

1. Calories: 100 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 5 milligrams
4. Fat: 1 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 50 milligrams
8. Sugar: 19 grams

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