

# GUILT FREE DESSERT

Serves: 12

## **Ingredients**

2 boxes of instant chocolate sugar free pudding  
2 boxes of instant vanilla sugar free pudding  
4 packages of soft lady fingers  
4 cups of non-fat milk  
Pure Vanilla flavoring  
Rum flavoring  
Almond flavoring  
2 containers of fat-free Cool Whip

## **Preparation**

Prepare each pudding according to directions on box  
Line deep dish with one package of lady fingers and lightly dot each lady finger with rum flavor (not too much-it's strong)  
Top lady fingers first with vanilla mixture  
Add another layer of lady fingers and lightly dot each lady finger with almond and vanilla flavoring  
Continue to and alternate between chocolate and vanilla pudding  
Top with cool whip.  
Refrigerate for several hours before serving



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