

Ann's Pistachio Whip

6 oz. fat free, sugar free pistachio instant pudding
8 oz. Whipped Topping (Cool Whip)
20 oz. can crushed pineapple in its own juice, undrained
1/2 cup chopped pistachio nuts or walnuts, reserving 2 Tbsp. for garnish

- 1.) In a large bowl, whisk together instant pudding and pineapple.
- 2.) Using a rubber spatula, gently fold in whipped topping.
- 3.) Spoon mixture into dessert glasses, sprinkle tops with reserved nuts.

Refrigerate 2 hours before serving.

Serves 6 to 8