

# SATURDAY MARKET

## **Blueberry Pudding & Whipped Topping (diabetic recipe)**

Submitted by The Happy Berry

### Pudding Ingredients:

1 cup crushed corn flakes  
¼ tsp cinnamon  
sugar substitute equal to ¼ cup sugar  
⅛ tsp salt  
½ tsp vanilla  
1 tbsp reduced calorie margarine  
2 cups blueberries

\*Shopping Tip: Buy fresh blueberries from The Happy Berry at the Market!

### Pudding Directions:

Combine crushed flakes, cinnamon, sugar substitute, salt, vanilla, and melted margarine. Place blueberries in bottom of baking dish; cover with corn flake mixture. Bake at 350 degrees for 20 minutes. May be served with whipped topping (diabetic).

### Topping Ingredients:

¼ cup cold water  
¼ cup powdered skim milk  
sugar substitute equal to 2 tbsp sugar  
½ tsp lemon juice

### Topping Directions:

Chill bowl and beaters. Combine water and powdered skim milk; beat until mixture begins to stiffen. Add sugar substitute and lemon juice. Continue to beat until stiff

For more blueberry recipes, visit [www.thehappyberry.com](http://www.thehappyberry.com)