



Easy Orange Fluff Recipe

Description

This Orange Fluff offers a delectable and health-conscious dessert option suitable for various occasions. A delightful amalgamation of ingredients results in a light and airy texture, producing a creamy treat. This revamped rendition of the traditional salad proves ideal for warm days or social gatherings, providing a straightforward yet revitalizing dessert. If you have a penchant for nutritious, no-bake recipes, you might find satisfaction in trying out this Trail Mix No Bake Energy Bites recipe.

- PREP TIME 10minutes mins
- CHILL TIME 1hour hr
- TOTAL TIME 1hour hr 10minutes mins
- COURSE Dessert
- CUISINE American
- SERVINGS 10 people
- CALORIES 182 kcal

EQUIPMENT

- Larger mixing bowl
- Hand mixer

INGREDIENTS

- 3 cups nonfat Greek yogurt
- 1 package (0.3 ounce) sugar-free orange Jello
- 8 ounces nonfat whipped topping
- 15 ounces of drained mandarin oranges in fruit juice
- 2 cups mini marshmallows
- 20 ounces of crushed pineapple in juice, with the extra juice drained out

INSTRUCTIONS

- Fill the bowl of an electric mixer with nonfat Greek yoghurt and attach the whisk attachment.
- Beat the yogurt until light and fluffy, approximately 10 minutes.
- Add the sugar-free orange Jello and beat until fully incorporated.
- Incorporate the nonfat whipped topping, stirring gently to combine.
- Add the drained mandarin oranges and pineapple. Stir the mixture to combine.
- Carefully fold in the mini marshmallows.
- Before serving, place the mixture in the refrigerator for at least one hour.

NOTES

Ensure thorough beating of the Greek yogurt for a lighter and creamier texture. Opt for sugar-free Jello powder to keep the points low.

- Drain the mandarin oranges and pineapple well before adding to the mixture to prevent excessive juiciness.
- To help things set, place the orange fluff in the refrigerator before serving.
- For an extra creamy touch, try using Sugar-Free or Fat-Free Cool Whip.
- Each $\frac{1}{4}$ cup serving has 3 Weight Watchers Points, and this recipe yields 10 servings.

NUTRITION

- Serving: 1 Serving
- Calories: 182 kcal
- Protein: 7g
- Fat: 1g
- Saturated Fat: 1g
- Polyunsaturated Fat: 0.1g
- Monounsaturated Fat: 0.3g
- Cholesterol: 6mg
- Sodium: 70mg
- Potassium: 228mg
- Fiber: 2g
- Vitamin A: 358IU
- Vitamin C: 17mg
- Calcium: 51mg
- Iron: 0.3mg

Category

1. High Protein Recipes

Date Created

27/02/2025

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