

# Healthy Agutuk

## Ingredients:

- 1 quart blackberries
- 1 quart raspberries
- 1 quart cranberries
- 1 cup fat-free whipped topping
- 1 package vanilla-free, sugar-free instant pudding
- 1 cup skim milk

## Directions:

1. Make instant vanilla pudding with skim milk and set aside.
2. In a large bowl, mash cranberries. Add blackberries and raspberries and stir in instant vanilla pudding.
3. Fold in frozen whip topping.
4. Serve cold.

## Nutrition Facts

Serving Size 1 cup (231g)  
Servings Per Container 8

Amount Per Serving

**Calories 140**      **Calories from Fat 5**

% Daily Value\*

**Total Fat 1g**      **2%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 340mg**      **14%**

**Total Carbohydrate 31g**      **10%**

Dietary Fiber 8g      **32%**

Sugars 11g

**Protein 3g**

Vitamin A 4%      • Vitamin C 70%

Calcium 8%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:

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