

# NOODLE PUDDING



## **INGREDIENTS**

1 large spaghetti squash  
Vanilla extract  
Unsweetened apple sauce Cinnamon  
6 pkts. Artificial Sweetener  
1 whole egg and 2 egg whites (beaten)  
6 Tbsp. Apricot jelly (no sugar)  
2 Tbsp. plain yogurt or  
Non-fat sour cream

## **DIRECTIONS**

Pre-heat oven to 350 degrees. Steam squash until tender.  
Spoon spaghetti squash out of shell and place in a large mixing bowl. Add all ingredients except jelly. Pour into oblong baking pan.  
Spread apricot jelly on top to become a swirl-like topping. Bake ½ hour.  
\*Equals one fruit