

# Green Tea Yogurt Pudding with U.S. Cream Cheese

This mousse makes a true dairy delight.



## INGREDIENTS

(Serves 4)

U.S. Cream Cheese, room temperature	150g
U.S. Yogurt, plain	60g
Sugar	50g
Green Tea Powder	4g
Gelatin Powder	3g
Water	30ml
U.S. Fresh Heavy Cream	240ml
Sweet Red Beans	12g

## NUTRITIONAL CONTENT

U.S. Label

### Nutrition Facts

Serving Size (100g)  
Servings Per Container

Amount Per Serving

Calories 290    Calories from Fat 230

% Daily Value\*

Total Fat 26g    40%

Saturated Fat 15g    75%

Trans Fat 1g

Cholesterol 90mg    30%

Sodium 115mg    5%

Total Carbohydrate 13g    4%

Dietary Fiber 0g    0%

Sugars 11g

Protein 4g

Vitamin A 20%    •    Vitamin C 0%

Calcium 8%    •    Iron 0%

\*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

Per 100g

Calories	291kcal
Total Fat	26g
Saturated Fat	15g
Trans Fat	1g
Cholesterol	91mg
Total Carbohydrates	13g
Dietary Fiber	0g
Sugars	11g
Protein	4g
Calcium	76mg
Magnesium	8mg
Phosphorus	75mg
Potassium	96mg
Sodium	113mg
Iron	0mg
Vitamin A	1017IU
Vitamin C	0mg

## PREPARATION

- Whip cream cheese until softened.
- Add yogurt, sugar and green tea powder and mix well.
- Place gelatin and water in small bowl and leave for five minutes.
- Place bowl in microwave and heat 10 to 15 seconds on high.
- Add heated gelatin to mixture and blend well.
- Slowly add heavy cream, stirring to incorporate.
- Pour into serving bowls and chill in refrigerator one hour.
- Garnish with red beans and cream cheese.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on [ThinkUSAdairy.org](http://ThinkUSAdairy.org), including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2015 U.S. Dairy Export Council.