

From jean@mcc2.sws.uiuc.edu Tue Feb 28 11:52:45 1995  
Date: Tue, 28 Feb 1995 12:04:34 -0600  
To: schoen@trwx.sws.uiuc.edu (Mary Schoen Petersen)  
From: jean@mcc2.sws.uiuc.edu (Jean Dennison)  
Subject: Re: cake

>Hi Jean!

>

>Your cake was !!EXCELLENT!! today! Thank you so much!! :)

>Would you consider sharing the recipe??

>

>Of course, there are no calories in it, right?! :) :)

>

>-Mary

Right - no calories. I did however try to keep the caloric content to a minimum.

I did a double recipe this morning because we sometimes have been running short.

Crush 1 1# package of oreo cookies and put a little more than half the crumbs in the bottom of a 9x13 pan.

beat 1 8oz. package (softened) cream cheese with 1/2 c. powdered sugar.

To that mixture add 2 pkgs vanilla instant pudding and 3 1/2 c. milk. When thickened add 1 8 oz carton cool whip.

Pour over the cookie crumbs and top with remaining crumbs. I think it's best if it sets overnight.

Jean Dennison  
jean@mcc2.sws.uiuc.edu

From jean@mcc2.sws.uiuc.edu Tue Feb 28 11:55:02 1995  
Date: Tue, 28 Feb 1995 12:06:38 -0600  
To: ms-petersen@uiuc.edu  
From: jean@mcc2.sws.uiuc.edu (Jean Dennison)  
Subject: cake

Re: the cake - Dirt cake is what it's called, and you can serve it in a flower pot with an artificial flower in it and maybe gummy worms! You can use 2% milk, nutra sweet pudding, light cool whip, and low fat cream cheese and cut back some calories that way.

Jean Dennison  
jean@mcc2.sws.uiuc.edu