

For Immediate Release

## **HOW TO LIVE WELL IN A TEMPTING WORLD**

*Say “Yes” to Dessert, But Choose Wisely  
- - Delicious New Treat from Kozy Shack - -*

After weeks of holiday indulging, it’s time to get back on track. Even though many of us have made our annual resolution to watch our waistlines, it’s not surprising how easy it is to fall off the wagon because we face diet temptations on a daily basis.

**Kozy Shack** has a solution to the dessert dilemma - - a new line of treats that will appeal to everyone from finicky kids to consumers with sugar-related health problems to the sophisticated palate of adults seeking a delicious, yet calorie-friendly dessert. Weighing in at a **mere 70 calories per serving** are 3 additions to the **Kozy Shack No Sugar Added Pudding** line. The line features three delicious new desserts:

- **Apple Pie a la Mode** – a creamy “No-Sugar-Added” vanilla pudding chock full of apples in a rich, sugar-free cinnamon sauce
- **Cherries Jubilee** – a delectable “No-Sugar-Added” vanilla pudding swirled with sugar-free cherries
- **Black Forest** – a velvety “No-Sugar-Added” chocolate pudding filled with luscious, sugar-free cherries.

The Kozy Shack philosophy is simple: choose treats wisely, so you’ll never have to feel guilty about dessert again. Hone in on desserts that give you a big flavor payoff, like the new **No Sugar Added Pudding** offerings, which provide treats that are **low in fat, cholesterol and sodium** and **contain no preservatives**. A **good source of fiber**, the puddings are made with **real milk** and contain **zero grams of trans fat**. The puddings are **gluten free** and certified **Kosher dairy**.

Guilt is gone! The **Kozy Shack No Sugar Added Puddings** will satisfy the need for a sweet, indulgent treat that won’t break the calorie bank and are pre-portioned taking the guess work out of serving sizes. For those on the go, these delicious 70 calories desserts are available in convenient, ready-to-eat portions.

So go ahead, have dessert. You and your waistline will benefit from a few good choices.

Tradition meets today’s consumer lifestyle in Kozy Shack® products. For almost 40 years, Kozy Shack® has been making the finest-quality, ready-to-eat refrigerated dairy desserts. Packaged for convenience, the puddings are slow-cooked in kettles complete

with fresh milk and fine ingredients, and are available in ready-to-serve portions in the dairy case of the supermarket.

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