

CHOCOLATE, BANANA, & STRAWBERRY PARFAITS



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Ingredients

Yields: 4 servings

- 1 pkg. (1.4 oz.) chocolate fat free sugar free instant pudding mix
- 2 c unsweetened almond milk
- 2 bananas, sliced
- 1 c strawberries, sliced
- $\frac{3}{4}$ c thawed fat free whipped topping, divided

Directions

1. Beat pudding mix and milk with whisk for 2 minutes.
2. Spoon half the pudding evenly into 4 dessert glasses; cover with layers of bananas and strawberries and half the whipped topping. Top with remaining pudding and whipped topping.
3. Refrigerate 1 hour.

Nutritional Information

Servings:	Calories	Fat	Protein	Carbohydrates	Sodium
1/4th	147	0.5 g	0.5 g	30 g	383 mg

Carbohydrate Exchanges: 2