PEANUT BUTTER CUP PARFAIT

Prep time: 5 min
Freeze time: 2 hours
Total time: 2 hrs 5 min

Ingredients

1 c (250g) plain nonfat Greek yogurt

1 (7g) serving fat-free, sugar-free vanilla instant pudding mix

2 tbsp (25g) Truvia (or preferred sweetener, to taste)

1 ½ tbsp (24g) creamy peanut butter

1 chocolate graham cracker (full sheet), crumbled

4 chocolate peanut butter cups (such as Reese's), diced

Directions

To prepare the pudding, whisk together the yogurt, instant pudding mix, Truvia, and peanut butter in a medium bowl for 1-2 minutes, or until thickened. Chill for at least 2 hours (and if chilling longer, cover the top of the bowl with foil.)

To assemble the parfaits, pipe a layer of pudding into 2-ounce serving glasses. Sprinkle crushed graham crackers and diced peanut butter cups on top; then add another layer of pudding. Garnish with graham cracker crumbs and a few diced peanut butter cups.

Note: If you don't have chocolate graham crackers, substitute chocolate Teddy Grahams or Oreo cookies (without the cream centers) instead!

For a gluten-free version, use gluten-free chocolate sandwich cookies with the cream centers removed,

Nutrition Information

Serving Size: 1 parfait

Servings In Recipe: 4

Total Fat 5.4 g

Carbohydrate 12.0 g

Sugars 7.2 g

Protein 8.1 g16%