

Chocolate Banana Parfait

Ingredients:

2 cups cold fat free milk

1 pkg. (4 serving size) chocolate fat-free, sugar-free instant pudding

2 medium bananas

1/2 cup thawed Cool Whip lite whipped topping

1 tbsp. chopped walnuts

Directions:

Pour milk into medium bowl. Add pudding mix. Beat with wire whisk 2 minutes. Spoon 1/2 of the pudding evenly into 4 dessert glasses. Layer with banana slices, whipped topping and remaining pudding. Sprinkle with almonds.

Makes 4 servings @ 3 Points, 2 points plus

