

Rocky Road Parfaits

Yield:

Ingredients

- 1 4-serving-size package sugar-free chocolate or chocolate fudge instant pudding mix
- 2 cups fat-free milk
- 1/2 cup frozen light whipped dessert topping, thawed
- 1/4 cup unsalted peanuts, coarsely chopped
- 1/4 cup tiny marshmallows
- Chocolate curls (optional)

Preparation

1. Prepare pudding mix according to package directions using the fat-free milk. Remove 3/4 cup of the pudding and place in a small bowl; fold in whipped topping until combined.
2. Divide remaining plain chocolate pudding among four 6-ounce glasses or dessert dishes. Top with dessert topping mixture. Let stand for 5 to 10 minutes or until set.
3. Sprinkle with peanuts and marshmallows just before serving. If desired, garnish with chocolate curls. Makes 4 parfaits.

Make Ahead Tip

- Make-Ahead Directions: Prepare as directed through step 2. Cover and chill parfaits for up to 24 hours. Serve as directed in step 3

Nutritional Information: Amount per serving: Calories: 162

Fat: 6.0g

Protein: 7.0g

Carbohydrate: 21.g

