

# 'Praline' and Peach Parfaits

Integrated Marketing Services - Apopka, FL

**Servings: 4**

**Preparation Time: 20 minutes**

**Cook time: 9 minutes**

**1 1/2 cups milk**

**1 package (3.3 oz) vanilla instant pudding mix**

**1/2 container (8 oz) fat-free whipped topping**

**4 ripe peaches, halved, pitted and peeled**

**3 tablespoons butter**

**3 tablespoons brown sugar, packed**

**1 1/2 teaspoons fresh lemon juice**

**1 teaspoon pure vanilla extract**

**praline coated pecans or praline cookies**

In a medium bowl, using an electric mixer beat the milk and pudding mix for 2 minutes or until thickened.

Stir in the whipped topping. Mix well. Refrigerate, covered, until well-chilled.

Coat a grill rack with nonstick cooking spray.

Preheat the grill to medium (300 to 350 degrees).

Place the peaches on the grill. Grill 3 to 4 minutes per side.

Transfer the peaches to a cutting board. Chop the peaches. Place the peaches in a large bowl. Set aside.

In a deep 1-quart microwave-safe bowl, combine the butter and sugar. Microwave on HIGH for 30 to 60 seconds, carefully stirring every 30 seconds. (The mixture will be very hot and sticky.)

Stir in the lemon juice and vanilla. Let cool for 5 minutes.

Add to the peaches, stir to coat.

In each of four parfait glasses, layer 2 1/2 tablespoons of the peaches and 1/4 cup of the pudding mixture. Repeat the layers twice.

Garnish with praline pecans and serve.

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Per Serving (excluding unknown items): 158 Calories; 12g Fat (65.0% calories from fat); 3g Protein; 11g Carbohydrate; trace Dietary Fiber; 36mg Cholesterol; 135mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 2 1/2 Fat; 1/2 Other Carbohydrates.