

Dessert

Chocolate Mint Parfaits

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Servings: 4

Start to Finish Time: 15 minutes

2 cups cold 2% milk

1 package (3.9 oz) instant chocolate pudding mix

4 ounces cream cheese, softened

1 tablespoon sugar

1 tablespoon cold 2% milk

1/4 teaspoon peppermint extract

1 cup whipped topping

Mint Andes candies (optional)

In a large bowl, whisk two cups of milk and the pudding mix for 2 minutes. Set aside.

In a small bowl, beat the cream cheese, sugar, peppermint extract and one teaspoon of the milk. Fold in the whipped topping.

Spoon half of the pudding into four parfait glasses.

Top with half of the cream cheese mixture.

Repeat the layers.

Garnish with candies, if desired.

Per Serving (excluding unknown items): 171 Calories; 15g Fat (75.7% calories from fat); 2g Protein; 8g Carbohydrate; 0g Dietary Fiber; 31mg Cholesterol; 89mg Sodium. Exchanges: 1/2 Lean Meat; 3 Fat; 1/2 Other Carbohydrates.