

Misc.

Easy Orange Parfaits

1 package (4 serving) cook & serve vanilla pudding mix

1 3/4 cups Orange juice

1 carton (8 oz) vanilla or pineapple low-fat yogurt

3/4 cup ginger snaps, coarsely crushed and/or chocolate wafer cookies (about 10)

Orange peel curls or wedges (optional)

Fresh mint sprigs (optional)

Prepare pudding mix according to package directions, except use the 1 3/4 cups of orange juice instead of milk. Transfer pudding to a bowl. Cover surface with plastic wrap.. Chill thoroughly.

Before serving, fold yogurt into pudding. Divide one-third of the pudding mixture among 6 glasses.

Sprinkle with half of the crushed cookies. Repeat pudding and cookie layers. Top with remaining pudding mixture.

Serving Ideas: If desired, garnish with orange peel curls and mint

Per Serving (excluding unknown items): 195 Calories; 1g Fat (3.9% calories from fat); 3g Protein; 45g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 3 1/2 Fruit.