

Eggnog-Banana Parfaits

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Servings: 8

24 ounces vanilla-soy pudding

2 tablespoons pure maple syrup

2 tablespoons dark rum or one teaspoon rum extract

2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

1/4 teaspoon ground cloves

2 cups vanilla cookies or wafers, crumbled

4 bananas, sliced

soy whipped cream (for garnish)

ground nutmeg (for garnish)

Combine the pudding, maple syrup, rum, cinnamon, nutmeg and cloves in a bowl. Chill overnight.

To assemble the parfaits: Alternate layers of cookies, pudding mixture and banana slices to fill a serving cup.

Top each parfait with a dollop of whipped cream and a sprinkle of ground nutmeg.

Per Serving (excluding unknown items): 57 Calories; trace Fat (5.2% calories from fat); 1g Protein; 14g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 1 Fruit; 0 Fat.