



Berry Parfait

Try a refreshing sweet treat for your next gathering!
(Serves 4)



Ingredients:

- 1 package of instant pudding (4 servings) sugar-free or regular, vanilla or chocolate
- 2 cups cold fat-free milk
- 2 cups raspberries or other fresh whole berries, slice strawberries)
- 1 can aerosol whipped cream

Directions:

1. Make pudding with milk and refrigerate until cold and set (about 1 hour)
2. Wash and drain berries thoroughly
3. In 4 6-8 oz sized containers, layer 2 oz (1/4 cup) pudding
4. Top with 1/4 cup berries
5. Small squirt of whipped cream
6. Repeat layers.
7. Serve immediately or refrigerate for a few hours before serving.

Nutrition information per serving:

- With sugar-free pudding 180 calories and 20 grams of carbs. With regular pudding 250 calories 40 grams carbs.
- Chocolate flavor is slightly higher in calories and carbs.

Tips:

- Make these in a clear cup to see the layers
- Use berries that are in season—strawberries early in the summer, raspberries in midsummer, blueberries, blackberries, and huckleberries late summer. Thawed frozen berries can replace fresh berries.
- Add chopped hazelnuts, almonds, or walnuts for extra crunch and healthy fats