



## Chocolate Peanut Butter Parfaits

Servings: 4

### Ingredients:

- 2 cups and 2 tablespoons skim milk
- 2 tablespoons peanut butter
- 1 cup fat-free whipped topping, thawed
- 3 ½-ounce package instant chocolate pudding mix
- Vanilla wafers or graham crackers, whole or crumbled (optional)



### Directions:

1. Wash hands and surfaces.
2. Add 2 tablespoons milk to peanut butter. Stir until blended, then stir in whipped topping and set aside.
3. Mix chocolate pudding with 2 cups of milk using package directions.
4. Divide the pudding into 4 small cups. Spoon the peanut butter mixture on top. Divide the rest of the pudding mix on top. Top with wafer/cracker crumbs or serve with wafers/crackers (optional).
5. Refrigerate until ready to serve.
6. Refrigerate leftovers immediately.

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### Nutrition Facts

Amount Per Serving

**Calories** 210

Calories from Fat 40

% Daily Value\*

**Total Fat** 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 200mg **8%**

**Total Carbohydrate** 37g **12%**

Dietary Fiber 2g **8%**

Sugars 20g

**Protein** 7g

Vitamin A 6%

Vitamin C 2%

Calcium 15%

Iron 4%

### Tip:

☺ Make mealtime a family time — cook, eat and talk together.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

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