

Banana Pudding Parfait

8 ginger snap cookies (crushed)

7 medium ripe bananas (sliced thin)

1 cup nonfat milk

1 (1 oz.) box instant sugar-free, fat-free vanilla pudding

1 ¼ cups low-fat vanilla yogurt

1 teaspoon vanilla extract

1 cup fat-free frozen whipped topping (thawed)

10 (8 oz.) parfait cups or bowls

¼ teaspoon cinnamon for garnish, optional

In a large bowl, whisk together the milk and pudding mix; blend well (about 2 minutes).

Add yogurt and vanilla extract, blend until smooth. Stir in thawed whipped topping.

Line the bottom of the parfait cups with a teaspoon of crumbled ginger snaps. Layer 6 banana slices on top of the cookies; then 2 tablespoons of the yogurt mixture on top. Repeat with another layer of the ginger snaps, bananas, and yogurt mixture. Top with cinnamon or crushed cookie for garnish.

Cover and chill in the refrigerator until ready to serve. Yield: 10 servings

Nutrition Information per Serving: Calories-170, Fat-2g, Carbohydrates-36g, Total Sugar – 19g, Fiber-2g, Protein-4 g, Sodium-219 mg. High in calcium and potassium