



## **Berry Parfait**

2 tbsp. Jell-O Sugar Free Fat Free Vanilla Instant pudding mix  
2 tbsp. Splenda  
1/4 tsp. vanilla extract  
1/4 cup milk, skim  
1 cup Cool Whip Free, thawed  
1/2 cup fat-free cream cheese, room temperature  
1/2 cup raspberries  
1/2 cup sliced strawberries  
1 sheet (4 crackers) low-fat graham crackers, lightly crushed

Combine pudding mix, sweetener, vanilla extract, and milk in a bowl. Mix until smooth and slightly thickened. Stir in whipped topping and cream cheese until smooth. Cover and refrigerate for 20 minutes.

Put raspberries in the bottom of 2 parfait glasses. Place 1/4 cup of chilled pudding mixture in each glass. Layer strawberries next and top with remaining pudding mixture. Top with crushed graham crackers. Makes 2 servings.

Nutrition information per serving: 210 calories, 10 grams protein, 0 gram fat, 37 grams carbohydrate, 809 mg sodium.