

Chocolate Pie

3 graham crackers (3 full crackers)
2 cups skim milk
1 package (4 serving size) instant no added sugar chocolate pudding mix
2 cups Cool Whip Free®
1/4 cup chopped walnuts
1/4 cup Smucker's Sugar Free Dark Chocolate Syrup
1 cup fresh strawberries, sliced

Crumble graham crackers (in plastic zippered bag, crush with rolling pin). Divide evenly into six small (approximately 6-8 oz) cups or bowls. Mix pudding mix and milk together according to directions. Place on top of crushed graham crackers. Top with Cool Whip Free. Refrigerate for 30 minutes or longer. Prior to serving, sprinkle walnuts over the top; heat chocolate syrup in microwave for 5-10 seconds and drizzle over the top. Garnish with fresh strawberry slices.

Nutrition Information per serving: 195 calories; 5 grams protein; 4 grams fat; 33 grams carbohydrate; 303 mg sodium