



Berry Pudding Parfait

Prep: 10 minutes | Cook: 0 minutes | Total: 10 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

1 (3.4-ounce) package instant pudding mix (any flavor; e.g. vanilla, lemon, banana, cheesecake)

2 cups lowfat (1%) milk

1 cup sliced fresh strawberries

1 cup fresh blueberries

4 tablespoons (¼ cup) sliced or slivered almonds, divided

Directions

1. Empty the package of pudding mix to a medium mixing bowl.
2. Add the milk and stir until thickened, about 2-3 minutes.
3. Gather four serving glasses or parfait dishes. Divide the pudding and berries between each of the glasses, alternating layers of berries with layers of pudding.
4. Top each glass with 1 tablespoon of the almonds.
5. Serve immediately, or chill up to 3 hours before serving.

Recipe Notes

- Substitute your favorite chopped nuts for the almonds.
- To decrease the sugar content, use a sugar-free instant pudding mix.
- Swap out your favorite fresh or frozen fruit for the strawberries and/or blueberries.
- Substitute your favorite unsweetened non-dairy milk if desired.

Nutrition Facts Per Serving: Calories: 205 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 420 mg | Total Carbohydrate: 39 g | Dietary Fiber: 2.5 g | Protein: 6 g

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