

Banana Pudding Parfait

Serves 6/ Serving size 3/4 cups

Ingredients:

1 package (0.8 ounce sugar-free instant vanilla pudding)
2 cups cold nonfat milk
4 graham crackers, crumbled (about 3/4 cups crumbs)
2 bananas, sliced

Directions:

1. In a medium bowl combine pudding mix and 2 cups of milk. Beat until well blended (about 2 minutes) with a wire whisk, rotary beater, or electric mixer at lowest speed.
2. Let set for 5 minutes.
3. Set out 6 bowls or glasses.
4. Put 3 tablespoons of pudding in the bottom of each glass.
5. Sprinkle a heaping tablespoon of graham cracker crumbs on the pudding in each cup.
6. Layer 1/4 of the banana slices on crumbs.
7. Repeat with layers of pudding, graham crackers, and banana slices.
8. Serve immediately or cover and refrigerate.