



Chocolate Peanut Butter Parfaits

Servings: 4

2 cups and 2 tablespoons skim milk
2 tablespoons peanut butter
1 cup fat-free whipped topping, thawed
3 ½-ounce package instant chocolate pudding mix
Vanilla wafers or graham crackers, whole or crumbled (optional)

1. Wash hands and surfaces.
2. Add 2 tablespoons milk to peanut butter. Stir until blended, then stir in whipped topping and set aside.
3. Mix chocolate pudding with 2 cups of milk using package directions.

4. Divide the pudding into 4 small cups. Spoon the peanut butter mixture on top. Divide the rest of the pudding mix on top. Top with wafer/cracker crumbs or serve with wafers/crackers (optional).
5. Refrigerate until ready to serve.
6. Refrigerate leftovers immediately.



Nutrition Facts

4 servings per container

Serving size 1/2 cup (120g)

Amount per serving

Calories **190**

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 520mg 23%

Total Carbohydrate 33g 12%

Dietary Fiber 1g 4%

Total Sugars 23g

Includes 0g Added Sugars 0%

Protein 5g

Vitamin D 1mcg 6%

Calcium 148mg 10%

Iron 0mg 0%

Potassium 233mg 4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Helpful Tips

- Make mealtime a family time — cook, eat and talk together.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local resource center or go online to mydss.mo.gov/food-assistance