



Banana Chocolate Parfaits

COOKS NOTES

A creamy combination of chocolate, banana and crunch, these pretty parfaits are sure to satisfy the dessert craving. I topped mine with candles for a low-fat alternative to a "birthday cake." They were a hit!

INGREDIENTS

- 3 medium bananas, sliced
- 1 tsp. lemon juice
- 2 cups cold fat-free milk
- 1 package (1.4 ounces) sugar-free fat-free instant chocolate pudding mix
- 1 cup (8 ounces) fat-free sour cream
- 1½ cups reduced-fat whipped topping
- 8 chocolate wafers, crushed*

* NOTES

Recipe from *Taste of Home*.

* Substitute Oreo cookies for chocolate wafers and remove the cream in the center.

PREPARATION

In a small bowl, combine bananas and lemon juice; let stand for 5 minutes.

In a separate bowl, whisk the cold milk and pudding mix for 2 minutes. Refrigerate for 5 minutes. Stir in sour cream.

Drain bananas. Place half of the banana slices in eight parfait glasses; layer with pudding mixture, whipped topping, chocolate wafer crumbs and remaining banana slices. Refrigerate until serving.

SERVES 8.