

## Individual Banana Chocolate Crunch Parfait

A sugar-free recipe

### Ingredients:

- 1 cup plain low-fat yogurt
- 1 (0.8-ounce) box sugar-free chocolate pudding mix
- 2 medium bananas, peeled
- 1 teaspoon fresh lemon juice
- 1/4 cup sugar-free whipped topping
- 1 tablespoon chopped walnuts



### Directions

1. Combine yogurt and pudding mix in a blender until smooth.
2. Cut each banana into 6 equal pieces and sprinkle with lemon juice.
3. Place banana pieces equally into 4 parfait cups. Top each with 1/4 of the pudding mixture. Top pudding with 1 tablespoon whipped topping.
4. Sprinkle walnuts over each parfait and serve.

*Makes 4 servings*

*To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.*