

Mint Chocolate Cups

Makes 6 servings

Ingredients:

2 packages (4 –serving size each) sugar-free instant chocolate pudding and pie filling mix.

2 ½ cups fat-free half-and-half

½ cup fat-free sour cream

1 teaspoon vanilla extract

½ to 1 teaspoon peppermint extract

1 ½ cups fat-free whipped topping

6 sugar-free peppermint patties, chopped.



- 1. Whisk pudding mix with half and half in medium bowl. Blend with sour cream and vanilla and peppermint extracts until smooth.**
- 2. Divide mixture evenly among 6 parfait glasses or dessert cups, spreading 2 tablespoons whipped topping in between to make layers. Top each with 2 tablespoons of whipped topping. Chill 1 hour or until completely cold.**
- 3. Garnish each serving with 1 chopped sugar-free peppermint patty.**