

# 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.**