

## Three Cheers Parfaits

**20 minutes**

**4 servings**

### Ingredients

3/4 up crushed plain graham crackers  
1 8-oz. carton low-fat vanilla yogurt  
1 4-to 5-oz. container vanilla pudding  
1 4-to 5-oz. container chocolate fudge pudding  
Whipped dessert topping (optional)  
4 small cherries (any choice of fruit)

### Utensils

Measuring cups  
Measuring spoons  
Mixing bowls  
Spoons  
Parfait glasses  
Napkins

### Preparation

1. In 4 individual parfait glasses sprinkle 1/4 cup crushed graham crackers. In a small mixing bowl stir together half of the vanilla yogurt and the vanilla pudding. Spoon into parfaits.
2. Sprinkle 1/4 cup more graham crackers over the parfaits. In the same mixing bowl, stir together remaining yogurt and chocolate fudge pudding. Spoon into parfaits. Sprinkle remaining cracker crumbs on top. Serve immediately or cover and refrigerate the parfaits until serving time.
3. To serve, top each parfait with dessert topping (optional) or cherries. Note: you can use a variety of fruit as toppings.

### Nutrition facts:

Calories: 182  
Total fat: 4g  
Saturated fat: 1g  
Cholesterol: 4mg  
Sodium: 184mg  
Carbohydrate: 32g  
Fiber: 1g  
Protein: 4g  
Vitamin A: 1 percent  
Vitamin C: 2 percent  
Calcium: 11 percent  
Iron: 5 percent

Recipe from Better Homes and Gardens: [www.bhg.com](http://www.bhg.com)

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