



Chocolate Pudding “Cake”

Makes 12 servings

Ingredients

30 graham cracker squares (15 sheets broken in half), divided
1.4-ounce box sugar-free, fat-free instant chocolate pudding mix

1½ cups fat-free milk
12 ounces fat-free whipped topping, thawed and divided
¼ cup mini chocolate chips

Instructions

1. Arrange 10 graham cracker squares, slightly overlapping, on bottom of 8-inch square pan.
2. In a large bowl, prepare pudding according to package directions. Cool in refrigerator for 5 minutes.
3. Fold 6 ounces whipped topping into pudding and incorporate well.
4. Spread half of the pudding mixture over graham cracker squares in pan; cover with 10 of the remaining graham cracker squares. Repeat layers.
5. Refrigerate 3 hours or overnight.
6. Top dessert with remaining 6 ounces light whipped topping. Sprinkle with mini chocolate chips

Nutrition Facts

Serving size: 1 rectangle (2x2²/₃); calories: 165; carbohydrate: 29g; protein: 3g; fat: 3g; saturated fat: 1.1g; sugars: 13g; fiber: 1g; cholesterol: 0mg; sodium: 210mg.

Source: www.diabetes.org/mfa-recipes/meal-plans



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