

Candy Corn Custard Parfait

While the kids are chomping on Halloween candy, celebrate with this creamy and frighteningly good holiday concoction. Bwahahahahahahaha! (That's our scary laughter. Like it?)



Ingredients:

1 Jell-O Sugar Free Vanilla Pudding Snack OR ½ cup Sugar-Free pudding from mix prepared with Non-Fat Milk
2 drops yellow food coloring
1/3 cup mandarin orange segments in juice, drained
1/4 cup Cool Whip Free, thawed
5 pieces candy corn

Directions:

In a small bowl or parfait glass, combine pudding with food coloring and mix until uniform in color.

Top evenly first with orange segments and then with Cool Whip.

Arrange candy corn prettily on top of the Cool Whip (or haphazardly -- it's your parfait), and then dive in!

MAKES 1 SERVING

Nutrition Information: Per Entire Parfait

Sugar-Free Snack Pack

155 Calories
1 g Fat
35 g Carbohydrate
2 g Protein

Sugar-Free Pudding Mix w/ Non-Fat Milk

170 Calories
2 g Fat
27 g Carbohydrate
4 g Protein