

DOUBLE CHOCOLATE ORANGE PUDDING CUPS



ingredients:

- 1 package fat-free, sugar-free instant chocolate pudding mix
- 2 cups fat-free milk
- 1 3/4 cups fat-free whipped topping, divided
- 2 sheets chocolate graham crackers, crumbled
- 2 Tablespoons dark chocolate chips
- Zest of one orange
- 6 orange slices
- cocoa powder

directions:

1. Prepare pudding according to package directions. Refrigerate for 30 minutes.
2. Fold 1 cup softened whipped topping into pudding.
3. To assemble each cup, layer 1 1/2 Tablespoons graham cracker crumbs and 1/2 cup pudding mixture. Top with 2 Tablespoons whipped topping, 1 teaspoon chocolate chips, orange zest, 1 orange slice and a sprinkle of cocoa powder.

Yield: 6 servings

Nutrition Information Per Serving:

130 Calories
3.5 grams Fat
2 gram Saturated Fat
5 mg Cholesterol
135 mg Sodium
22 grams Carbohydrates
1 gram Fiber
4 grams Protein

Food exchanges:

1/2 dairy, 1 starch, 1 fat



**HENRY FORD
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com.