



Harley Pasternak's Raspberry and Chocolate Parfait

Ingredients:

- 2 ounces nonfat sugar-free instant chocolate pudding
- 1 cup nonfat milk
- 1/2 cup nonfat plain yogurt
- 3/4 cup nonfat cottage cheese
- 1 tsp sugar substitute
- 1 1/4 cup raspberries

Instructions:

- Whisk together chocolate pudding mix and nonfat milk until smooth. Set aside pudding to gel.
- In another bowl, mix together yogurt, cottage cheese and sugar substitute.
- To serve: Spoon 1 tablespoon of pudding each into two glasses, and top with 1 tablespoon of the yogurt and cheese mixture and several raspberries.
- Repeat layers until all the ingredients are used, reserving a few raspberries for garnish.

Serves: 2