Pudding Parfait

4 cups cold low fat milk
1 small package instant vanilla pudding
1 small package instant chocolate pudding
2 cups thawed or prepared non-dairy whipped topping
sliced bananas
chocolate syrup
nuts or crunchy cereal

1. Pour 2 cups cold milk into a container with a tight fitting lid.
2. Add contents of vanilla pudding and snap the lid on tightly.
3. Shake hard 45 seconds.
4. Prepare the chocolate pudding by the same method.
5. Refrigerate until set.
6. Place layers of each pudding into glasses with whipped topping, chocolate syrup, nuts or cereal.
7. Chill.
8. Makes 10 servings

Per Serving:

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<table>
<thead>
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<tbody>
<tr>
<td>Calories</td>
<td>127</td>
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<tr>
<td>Sodium</td>
<td>151mg</td>
</tr>
<tr>
<td>Fat</td>
<td>3g</td>
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Source: Kansas State University 's " Family Nutrition Program