

## Mango Chocolate Whip

*Cannot go wrong with chocolate! This recipe was created to reduce the sugars in pudding for my father-in-law who has diabetes. A typical pudding recipe is packed with calories and table sugar, whereas this recipe helps cut down on those sugars, fats, and overall calories. We replaced some of those sugars with fresh fruit to offer more nutrients instead of “empty calories” Make several in advance for grab and go treats throughout the week.*

### **Ingredients:**

- 1 box (1.4 oz) Instant sugar-free chocolate fudge pudding mix
- 1 cup Skim milk
- 4 oz Sugar free cool whip, thawed
- 52 pieces Mango chunks, fresh or frozen (I like fresh – this is about 2-3 cups mango chunks)

### **Directions:**

1. Whisk together the pudding mix and skim milk until smooth. Once smooth, add the cool whip and mix until well combined.
2. You can use 4 glass or plastic cups or 4 mason jars as a parfait container; I use mason jars for food prep and easy grab-n-go options. Spoon about 1/3 cup into the bottom of each parfait container. Place 6-7 chunks on top of the pudding layer in each container. Spoon another layer of chocolate pudding (about 1/3 cup) then top with a final layer of mango (6-7 chunks). Top with lids and refrigerate until ready to serve.
3. Another option is to store the pudding in one container then portion out servings and top with mango (about 13 pieces per serving) as you want to eat it.

Servings: 4 whip parfaits  
 Serving size: 1 parfait

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<b>Nutrition Facts</b>		
Serving Size: 1 Parfait		
Amount Per Serving	% Daily Value*	
<b>Calories</b>	170.4 kcal	9 %
<b>Total Fat</b>	3.2 g	5 %
Saturated Fat	2.6 g	13 %
Trans Fat	0 g	
<b>Cholesterol</b>	1.2 mg	0 %
<b>Sodium</b>	350.3 mg	15 %
<b>Total Carbohydrate</b>	31 g	10 %
Dietary Fiber	2.6 g	10 %
Sugars	11.3 g	
<b>Protein</b>	4.1 g	8 %
<b>Vitamin A</b>	15 % • <b>Vitamin C</b>	13 %
<b>Calcium</b>	8 % • <b>Iron</b>	7 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at <a href="http://cronometer.com">cronometer.com</a> </>		