



Black Forest Parfait



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Entire recipe: 227 calories, 4g total fat (2g sat. fat), 487mg sodium, 46g carbs, 3g fiber, 25g sugars, 2.5g protein

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Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 5 minutes



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Ingredients

- 1 packet natural no-calorie sweetener
- 1/2 tsp. cornstarch
- 1/4 tsp. vanilla extract
- 1 dash cinnamon
- 1 dash salt
- 1/4 cup frozen dark sweet cherries, chopped
- 1/4 cup devil's food cake or chocolate cake mix
- 2 tbsp. canned pure pumpkin
- 2 tbsp. light whipped topping (thawed from frozen)

Directions

In a small microwave-safe bowl, combine sweetener, cornstarch, vanilla extract, cinnamon, and salt.

Add 2 tsp. water, and mix until uniform. Add cherries, and stir to coat.

Cover and microwave for 1 minute and 15 seconds. Let sit (covered) for 5 minutes.

Meanwhile, spray a microwave-safe mug with nonstick spray. Add cake mix, pumpkin, and 1 tbsp. water. Mix thoroughly. (Batter will be thick.) Microwave for 1 minute, or until set.

Immediately run a knife along the edges to help separate the cake from the mug.

Once cool, crumble cake into pieces. Place cake pieces into a small glass. Top with cherry mixture and whipped topping.

MAKES 1 SERVING

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