



Double Chocolate Cookie Holiday Parfait



Entire recipe: 237 calories, 5g total fat (2.5g sat. fat), 131mg sodium, 39g carbs, 1.5g fiber, 30.5g sugars, 11g protein

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

Cool: 5 minutes



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Ingredients

3 tbsp. [PB2 Pantry Double Chocolate Chip Cookie Mix](#)
1 1/2 tbsp. (about 1/2 large) egg white or liquid egg substitute
1-2 drops peppermint extract (a little less than 1/8 tsp.)
1/3 cup fat-free vanilla yogurt, divided
2 tbsp. light whipped topping, thawed from frozen
1 mini candy cane (or peppermint candy), lightly crushed

Directions

Spray a small microwave-safe mug or bowl with nonstick spray. Add cookie mix, egg white/substitute, and extract. Mix until uniform. Microwave for 30 seconds, or until set.

Gently shake mug to release, and transfer cookie cake to a plate. Let cool completely, about 5 minutes.

Cut cake into small pieces.

Spoon half of the yogurt into a small glass. Top with half of the cake pieces. Repeat with remaining yogurt and cake pieces.

Top with whipped topping and crushed candy cane.

MAKES 1 SERVING

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