

Key Lime Pie Parfaits

Key Lime Pie Parfaits



Serves 10. Each serving is 4 points on all plans.

You can change out the jello and yogurt to make these any flavor you would like!

- 1 small pkg sugar free lime jello
- 1/4 cup boiling water
- 2 5.3 oz containers Dannon Light and Fit Greek Key Lime Yogurt
- 8 oz Fat Free Cool Whip
- 5 Full Sheets Graham Crackers
- Redi Whip (Optional)

1. NOTE: I mix everything together with the bowl on my kitchen scale. That way I know exactly how much the entire recipe weighs and I can portion it out evenly. See the video linked to this recipe.
2. In a large bowl, dissolve jello in boiling water.
3. Whisk in yogurt until well combined
4. Fold in cool whip
5. Cover and refrigerate about 2 hours

To Assemble

1. Distribute 1/2 of the filling equally among your 10 serving dishes.
2. Top each with 1 graham cracker rectangle (1/4 of the whole sheet), crumbled
3. Distribute the rest of the filling equally among your 10 serving dishes.
4. Top each with 1 more graham cracker rectangle (1/4 of the whole sheet), crumbled
5. Refrigerate until ready to serve.
6. Top each with a squirt of redi whip before serving (optional)