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## **pudding Parfaits**

### **Ingredients**

1 box of sugar-free, fat-free chocolate pudding powder  
2 cups skim milk  
1 scoop cookies and cream protein powder  
1 cup light whipped topping  
1/4 cup orange juice

### **Directions**

1. Beat together skim milk and pudding powder.
2. Once mixed, beat in protein powder.
3. When mixed, place in separate serving dishes.
4. In a separate bowl, combine whipped topping and orange juice.
5. Once fully mixed, spoon on top of each pudding serving.
6. Serve.