



# Pudding Parfait

Serving Size: 1

## Ingredients:

4 oz Fruit Cup

3.25 oz Vanilla Pudding Cup

Optional: Try adding banana, strawberries or orange wedges for added flavor!

## Instructions:

1. Drain and discard liquid from fruit cup.
2. In a medium bowl, add fruit and pudding.
3. With a fork, mash ingredients until smooth.
4. Top with optional ingredients.
5. Eat with a spoon and enjoy!