

Low-Point Berry Parfait

Ingredients:

(This recipe is for one serving only. Make as many as you need) :)

- 2 Tbs marshmallow fluff
- 1 tsp. Hershey's sugar-free chocolate syrup
- 2 Tbs cool whip lite
- Berries (strawberries, blackberries, raspberries, or any kind you wish)

Add teaspoon of chocolate syrup to marshmallow fluff. Microwave for a few seconds and stir, blending well. Add a little spoonful to the bottom of a skinny glass (such as a champagne flute). Add a few berries and then a small dollop of cool whip. Repeat with marshmallow fluff mixture, berries and then cool whip. Add a berry or two on top and wa-la, a wonderful light and refreshing dessert for less than 2 points.

Total Servings - 1

Points per serving - 1.3

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"This one step - choosing one goal and staying to it - changes everything." - Scott Reed