

Dirt Pudding Cups

Serving Size 1 cup

Servings 4

Prep Time 25 min

Cook Time 0 min



Nutrition Information

Calories	298.6
Fat	3.2 g
Saturated fat	1.7 g
Polyunsaturated fat	0 g
Monounsaturated fat	0.3 g
Cholesterol	3.8 mg
Sodium	254.1 mg
Carbs	46.3 g
Fiber	3 g
Protein	21.4 g

Health Benefit

[Low Fat](#)

Ingredients

1 12-ounce [can fat-free evaporated milk](#)

6 [chocolate graham crackers](#)

4 tablespoons [unsweetened cocoa powder](#)

1 16-ounce container [non-fat Greek yogurt](#)

2 tablespoons [honey](#)

1/4 cup [fresh fruit \(we used blackberries\)](#)

Directions

1. Pour evaporated milk into a bowl and freeze for 20 minutes.
2. Crush graham crackers and set aside.
3. Combine cocoa, Greek yogurt, and honey.
4. Beat evaporated milk with an electric mixer, or in a blender, for 30-60 seconds until forming stiff peaks.

5. Divide ingredients between 4 glasses in layers: crushed graham crackers, chocolate yogurt mixture, and whipped evaporated milk.
6. Handy Hint: For a kid-friendly option, serve this dessert in colorful freezer mugs or deconstructed in a bento box.

Jackie Gentilesco