

## Black Forest Cheesecake Parfaits

This festive, no-bake treat stays light in calories by replacing regular sugar with a sugar substitute.

1½ cups frozen black cherries, thawed  
8 tbsp (½ cup) granulated sugar substitute  
½ tsp almond extract  
½ cup (8 tbsp) chocolate graham cracker crumbs  
1½ tbsp cocoa powder  
½ tbsp light butter or margarine, melted  
8-oz tub-style light cream cheese, room temperature  
½ cup light sour cream  
1½ cups light whipped topping

1. Select 6 stemmed glasses (e.g., 8-oz. wine glasses).
  2. In a small bowl, mix cherries, 2 tbsp sugar substitute and almond extract. Set aside.
  3. In another small bowl, mix graham cracker crumbs, 2 tbsp sugar substitute, cocoa powder, and butter. Set aside.
  4. In a medium mixing bowl, beat cream cheese with an electric mixer until creamy. Add sour cream and remaining sugar substitute and stir until smooth. Fold in whipped topping.
  5. In the bottom of each glass, place 1 tbsp graham cracker mix. Press down with spoon. Place about 3 tbsp of cream cheese mix on top of each. (Use ½ of the cheese mixture.)
  6. Divide the cherries among the glasses, placing them on top of the cream cheese layer. Add one more layer of cream cheese. Finish the parfait by topping each with 1 tsp of crumbs.
- \* Enjoy immediately or refrigerate until ready to serve.

# EASY | RECIPE

**Makes 6 servings. Per serving:**

200 calories | 7g protein | 8g fat | 6g saturated fat | 13mg cholesterol | 24g carbohydrate  
| 1g fiber | 290mg sodium