



Brownie and Yogurt Chocolate Trifle

READY IN



25 min.

SERVINGS



20

CALORIES



217 kcal

DESSERT

Ingredients

- ☐ 1 box brownie mix
- ☐ 1 serving vegetable oil for on brownie mix box
- ☐ 12 oz vanilla yogurt fat free french 99%
- ☐ 12 oz non-dairy whipped topping frozen thawed
- ☐ 1 box peach pie filling instant (4-serving size)
- ☐ 1 cup milk
- ☐ 6 oz keebler® town house toppers® wheat crackers dark

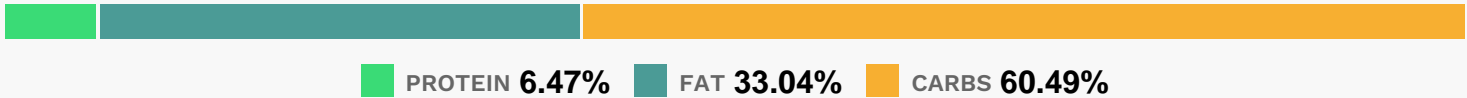
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line 13x9-inch pan with foil, and spray with cooking spray.
- ☐ Make brownie batter as directed on box.
- ☐ Spread batter in pan.
- ☐ Bake as directed on box. Cool completely, about 1 hour.
- ☐ In medium bowl, mix yogurt and half of the whipped topping (about 2 1/2 cups); blend well. In another medium bowl, beat pudding mix and milk with whisk until thick and smooth. Stir in remaining half of the whipped topping.
- ☐ Cut brownies into 1-inch squares.
- ☐ Place half of the squares in bottom of 3-quart glass bowl.
- ☐ Spread half of the yogurt mixture over brownies in bowl. Coarsely crush 9 of the granola thins; set aside 1/3 cup.
- ☐ Sprinkle remaining granola crumbs over yogurt layer in bowl. Top with all of the pudding mixture.
- ☐ Place remaining brownie squares over pudding. Top with remaining yogurt mixture.
- ☐ Sprinkle remaining 1/3 cup granola crumbs over top.
- ☐ Garnish with 1 remaining granola thin.
- ☐ Cover; refrigerate at least 4 hours before serving. Store covered in refrigerator.

Nutrition Facts



Properties

Glycemic Index:1.9, Glycemic Load:0.22, Inflammation Score:-1, Nutrition Score:1.8078260906041%

Nutrients (% of daily need)

Calories: 216.5kcal (10.83%), Fat: 7.98g (12.27%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 32.86g (10.95%), Net Carbohydrates: 32.32g (11.75%), Sugar: 20.68g (22.98%), Cholesterol: 2.65mg (0.88%), Sodium: 164.85mg (7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Calcium: 61.27mg (6.13%), Iron: 0.94mg (5.25%), Phosphorus: 47.88mg (4.79%), Vitamin B2: 0.07mg (3.9%), Vitamin B12: 0.19µg (3.17%), Fiber: 0.54g (2.18%), Selenium: 1.47µg (2.11%), Potassium: 72.75mg (2.08%), Vitamin K: 1.89µg (1.8%), Vitamin B5: 0.14mg (1.39%), Zinc: 0.21mg (1.39%), Magnesium: 5.38mg (1.34%), Vitamin B1: 0.02mg (1.16%), Vitamin E: 0.15mg (1.01%)