



Cups of Dirt or Sand (Oreo Pudding Parfaits)



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



122 kcal

DESSERT

Ingredients

- ☐ 1 pkg pumpkin candies and gummy worms sweet
- ☐ 2 large jello pudding instant
- ☐ 6 cups rice milk (soy milk would probably work too)

Equipment

- ☐ ziploc bags
- ☐ rolling pin

Directions

☐ Crush all the Oreos in a ziplock plastic bag (we did them in three batches to make sure they were crushed finely. We used both our hands and a rolling pin and released some major stress.)Make instant pudding according to directions on package, using rice milk instead of cow’s milk. Stir in oreo crumbs and spoon mixture in cups. Top with a layer of the crumbled cookies and garnish with a worm (or frog, or whatever critter you chose). Refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:19.76, Inflammation Score:1, Nutrition Score:0.10478261283234%

Nutrients (% of daily need)

Calories: 121.79kcal (6.09%), Fat: 1.99g (3.07%), Saturated Fat: 0g (0%), Carbohydrates: 25.44g (8.48%), Net Carbohydrates: 25.44g (9.25%), Sugar: 11.33g (12.59%), Cholesterol: 0mg (0%), Sodium: 93.38mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Calcium: 24.02mg (2.4%)