



Funky Monkey Parfaits

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

DESSERT

Ingredients

- ☐ 3 cups bananas sliced
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup dutch process cocoa
- ☐ 1.5 cups milk 2% reduced-fat
- ☐ 1 cup peanut butter sandwich cookie crumbs crumbled (such as Nutter Butter; 8 cookies,)
- ☐ 1 Dash salt
- ☐ 6 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

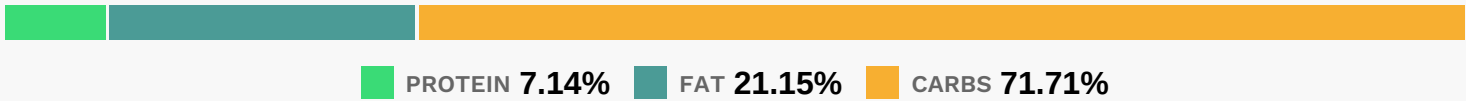
Equipment

- ☐ whisk
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Combine the first 4 ingredients in a 2-quart glass measure; stir well. Gradually add milk, stirring with a whisk. Microwave at high for 2 1/2 minutes, stirring occasionally. Microwave at medium-high (70% power) for 2 1/2 minutes or until thick, stirring occasionally. Stir in vanilla. Cover surface of mixture with plastic wrap; chill.
- ☐ Spoon 1 tablespoon cookie crumbs into each of 8 (8-ounce) glasses; top each with 3 tablespoons bananas and 1 1/2 tablespoons chocolate mixture. Repeat layers once, ending with chocolate mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:15.61, Glycemic Load:12.51, Inflammation Score:-2, Nutrition Score:5.2186956301979%

Flavonoids

Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg, Catechin: 5.17mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 248.05kcal (12.4%), Fat: 6.21g (9.56%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 47.39g (15.8%), Net Carbohydrates: 43.86g (15.95%), Sugar: 29.78g (33.09%), Cholesterol: 3.54mg (1.18%), Sodium: 269.98mg (11.74%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Caffeine: 6.18mg (2.06%), Protein: 4.72g (9.43%), Fiber: 3.53g (14.12%), Manganese: 0.26mg (13.16%), Vitamin B6: 0.23mg (11.32%), Potassium: 304.79mg (8.71%), Magnesium: 33.56mg (8.39%), Vitamin B2: 0.13mg (7.73%), Copper: 0.15mg (7.51%), Phosphorus: 73.09mg (7.31%), Vitamin C: 4.98mg (6.04%), Calcium: 59.51mg (5.95%), Iron: 0.92mg (5.14%), Vitamin B12: 0.23µg (3.91%), Folate: 14.32µg

(3.58%), Vitamin B5: 0.35mg (3.52%), Zinc: 0.48mg (3.21%), Selenium: 2.16µg (3.09%), Vitamin B1: 0.04mg (2.45%),
Vitamin B3: 0.47mg (2.37%), Vitamin A: 81.14IU (1.62%)