



Double Chocolate Cookie Holiday Parfait



Entire recipe: 237 calories, 5g total fat (2.5g sat. fat), 131mg sodium, 39g carbs, 1.5g fiber, 30.5g sugars, 11g protein

WW Points® value 14*

Prep: 5 minutes **Cook:** 5 minutes or less

Cool: 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving](#), [30 Minutes or Less](#), [Gluten-Free](#)

Ingredients

3 tbsp. [PB2 Pantry Double Chocolate Chip Cookie Mix](#)
1 1/2 tbsp. (about 1/2 large) egg white or liquid egg substitute
1-2 drops peppermint extract (a little less than 1/8 tsp.)
1/3 cup fat-free vanilla yogurt, divided
2 tbsp. light whipped topping, thawed from frozen
1 mini candy cane (or peppermint candy), lightly crushed

Directions

Spray a small microwave-safe mug or bowl with nonstick spray. Add cookie mix, egg white/substitute, and extract. Mix until uniform. Microwave for 30 seconds, or until set.

Gently shake mug to release, and transfer cookie cake to a plate. Let cool completely, about 5 minutes.

Cut cake into small pieces.

Spoon half of the yogurt into a small glass. Top with half of the cake pieces. Repeat with remaining yogurt and cake pieces.

Top with whipped topping and crushed candy cane.

MAKES 1 SERVING

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.