

Make-Ahead Cappuccino-Oreo Trifles

SOURCE: Cooking Light, MARCH 1999

INGREDIENTS:

1/2 C sugar
1/4 C cornstarch
1 TBS instant coffee granules
1 large egg
2 1/2 C 1% low-fat milk
1 TBS Kahlúa (coffee-flavored liqueur)
16 reduced-fat cream-filled Oreos, divided
1 1/2 C frozen reduced-calorie whipped topping, thawed

DIRECTIONS:

Combine first 4 ingredients in bowl - stir well with whisk - cook milk in heavy saucepan over medium-high heat to 180° F or till tiny bubbles form around edge (do not boil) - gradually add hot milk to egg mixture, stirring constantly with whisk - return milk mixture to pan - cook over medium heat till thick (3 minutes), stirring constantly - reduce heat to low - cook 2 minutes - remove from heat - stir in Kahlúa - pour into medium bowl - place bowl in larger bowl of ice water, stirring occasionally till mixture is cool.

Coarsely chop 8 cookies - fold chopped cookies + whipped topping into pudding. Spoon about 1/2 C cookie mixture into each of 8 small parfait glasses or (6-oz) custard cups - cover/chill at least 2 hours or till cold. Top each serving with a cookie.

Yield: 8 servings

NUTRITION PER SERVING: CALORIES 227 (21% from fat); FAT 5.4g (sat 3g, mono 1.5g, poly 0.3g); PROTEIN 5.1g; CARB 40.2g; FIBER 0.7g; CHOL 31mg; IRON 1.4mg; SODIUM 183mg; CALC 107mg