

# Fancy Chocolate Éclair Cups

Makes 6 servings | A diabetic-friendly recipe

## Ingredients:

- 1 (1-ounce) box sugar-free instant vanilla pudding mix
- 2 cups cold milk plus a little extra for dipping crackers, divided
- 1 cup sugar-free whipped topping
- 12 sugar-free graham cracker squares, broken as needed
- 1/2 cup sugar-free chocolate pudding or sugar-free chocolate frosting



## Directions

1. Whisk vanilla pudding mix with 2 cups cold milk until thickened.
2. Let the pudding sit for a few minutes to thicken fully, then fold in whipped topping until smooth.
3. Pour a small amount of milk into a shallow dish. Quickly dip each graham cracker piece into the milk, just enough to moisten but not soak.
4. In small cups, layer dipped graham crackers, then pudding mixture.
5. Repeat layers until cups are filled.
6. Top with a layer of chocolate pudding or frosting.
7. Serve immediately or cover and chill until ready to serve.

## Cooking Tidbit

Graham crackers were originally developed in the 1800s as part of a health movement, but they later became a staple in no-bake desserts, where they soften into cake-like layers.