

Creamy Chocolate Dessert

Courtesy of Carole's Creations

Prep Time: 10 minutes and the rest of the prep can be done while you are waiting on layers to cool.

Baking time: 15 minutes

Chilling time before serving: 1 hr. 45 min or a little over an hour and let sit overnight.

Makes: 9x13 pan or 12-15 pieces

CChints: This is a 4 layer dessert with each layer delivering its own unique flavor. Combine all 4 layers together into a delicious dessert. To keep the calories low, we used low fat products when possible.



1st layer: 1/2 cup crushed ginger snaps, about eight 2" round cookies
3/4 cup of flour
1/4 cup powdered sugar
1 stick of butter (1/2 cup) plus 2 tablespoons, cut into tablespoon pieces
2/3 cup chopped pecans

2nd layer: 8 ounce 1/3 less fat cream cheese, softened
4 ounces of 1/3 less fat cream cheese, softened
1-1/4 cup powdered sugar
1-1/2 cups reduced fat frozen whipped topping, softened

3rd layer: 2 – 3.9 ounce small boxes of instant chocolate pudding mix
3 cups skim or low fat milk

4th layer: 1-1/2 cups frozen whipped topping, softened
1/4 cup chopped pecans
Optional: 1/4 cup coconut

Preheat the oven to 350 degree F. and locate a 9x13 baking pan and spray with cooking spray. Remove the whipping topping from the freezer and the cream cheese from the refrigerator so they can begin to soften.

1st layer, the crust: Add the cookies, broken, to food processor. Pulse until the cookies are fine crumbs. Add the flour and sugar and pulse 3 times to combine all 3 ingredients. Drop the butter on top and scattered around and pulse several times until the mixture takes on a uniformed look of crumbled dough. Stir in the pecans and pour into the baking pan. Press the mixture down firmly in the pan on an even layer. Bake for 15 minutes or until lightly browned. Remove from the oven and allow to cool completely or the next layer you add will melt. While you are baking and waiting, you can clean the food processor. When you take it out of the oven, allow it to cool on the counter for 10 minutes. Then put a hand towel under the pan and slide it into the refrigerator for another 30 minutes.

2nd layer, cream filling: Put the cream cheese and sugar in a mixing bowl. Use a mixer to beat on medium speed, scraping the bowl sides as you beat until fluffy. Fold in the whipped topping and blend well. Spread it out evenly on the cooled crust. Cover the pan and refrigerate until the pudding layer is ready to be applied.

3rd layer, pudding: Wash the mixing bowl and mixer beaters and get ready to mix the pudding. Add the pudding powder mix to the bowl and slowly pour in the milk, stirring as you pour. Beat at medium speed for 2 minutes. It will look like pudding but still be a little loose. Cover and refrigerate for 35 minutes to allow it to set up a little more. At the end of the time, spoon it on top of the cream layer and gently spread it out evenly.

4th layer, topping: As soon as you have finished with the pudding layer you can spread the final layer on top. Carefully spread the whipped topping on top and sprinkle with pecans. Cover and refrigerate at least 30 minutes before serving or overnight.

Cut into squares and serve.