

Betty's Chocolate Cream Cheese Fantasy Recipe



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In this video, Betty shares one of her favorite desserts--Betty's Chocolate Cream Cheese Fantasy. This dessert has a crisp cookie crust and is layered with flavored cream cheese and chocolate--it's the best!

Ingredients:

- 1 cup all-purpose or self-rising flour
- 1 stick margarine (softened to room temperature)
- 12 oz. bag chopped pecans (3/4 cup for crust, 1/2 cup for garnish on top)
- 1 small package instant chocolate pudding (I used Snackwell's 3 7/8 oz. package Devil's Food)
- 2 cups skim milk
- (2) 8 oz. packages cream cheese
- 1 1/2 cups confectioner's sugar
- 2 cups whipped topping, thawed

Ahead of time, make the chocolate pudding. Add 2 cups skim milk to a small package of chocolate instant pudding mix. Beat with a mixer for 2 minutes, cover, and refrigerate. Next, make the crust. In a medium mixing bowl, combine 1 cup flour, 1 stick of softened margarine, and 3/4 cup chopped pecans. When well-mixed, crumble into an 8 inch by 11 inch Pyrex dish. Use a fork (or your hands to press the dough all the way to the corners of the dish, so that you have an even covering all over the bottom of the dish. Place in an oven, preheated to 350 degrees, and bake for 18 to 20 minutes. Look in on the crust occasionally to make sure it is not getting brown; it should be a nice tan color when done. Remove the crust from the oven and set it on a pad on the kitchen counter to cool down to room temperature. You can speed up the cooling of the crust by placing the Pyrex dish in the refrigerator or freezer for an hour or so. Be sure that it is completely cool before continuing the recipe. Next make the cream cheese layer. Place the (2) 8 oz. packages of cream cheese in a large mixing bowl and mash them with a fork. Add the 1 1/2 cups confectioner's sugar, and continue to mash the mixture with a fork. When the confectioner's sugar is incorporated into the cream cheese, carefully blend in the whipped topping, until it is all absorbed by the cream cheese mixture. Now start building your dessert by layers. On top of the crust, lightly spread 1/2 of the cream cheese/whipped topping mixture all of the way to the edges and corners. Next, spread the entire chilled chocolate pudding on top of the cream cheese/whipped topping layer. Now, spread the remainder of the cream cheese/whipped topping mixture on top of the chocolate layer. This can be accomplished by putting small spoonfuls of the cream cheese/whipped topping mixture all over the top of the chocolate layer, and then using a spreading knife to connect them. It is more than likely that some of the chocolate may get mixed in with this last layer (which is okay). Finish the dessert off by garnishing the top with about 1/2 cup of chopped pecans. Gorgeous! and umm, umm good!

Note: You can make this dessert almost sugar-free and fat-free by picking your ingredients carefully. You may substitute fat-free cream cheese, fat-free whipped topping, and be sure to use skim milk in the pudding. There is no sugar in the crust--it's just a big sugar-free cookie! Also D-Zerta brand sells a sugar-free whipped topping if you are going for sugar-free--but you must omit the confectioner's sugar, and it won't be quite as sweet. You may substitute also sugar-free instant pudding in the place of regular instant pudding.

A nice variation to this flavor is to substitute instant lemon pudding in place of the chocolate. Put a few thin lemon slices on the top for color and appeal!