

PEACH & RASPBERRY PARFAITS

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 parfait

Nutrition (per serving)

Calories: 121

Total Carbohydrate: 20

Total Fat: 3.4 g

Dietary Fiber: 2 g

Saturated Fat: 2 g

Protein: 4 g

Sodium: 116 mg

Ingredients

½ c (4 oz) 1/3-less-fat cream cheese

¼ c sugar, divided

1 c vanilla fat-free yogurt

2 c sliced peeled peaches (6-7 peaches)*

1 c raspberries



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Directions

In a medium-sized mixing bowl, beat cream cheese and 3 T sugar until smooth. Beat in yogurt until blended.

Combine remaining 1 T sugar with peaches and raspberries in a large bowl, tossing to coat. Let mixture stand for 5 minutes.

To build parfaits, spoon 2 T of cream cheese mixture into each of 6 glasses. Top each with $\frac{1}{4}$ c fruit mixture. Repeat layers with remaining cheese mixture and fruit. Chill until ready to serve.

*Quick Tip: To make peeling easier, place peaches in a bowl of warm water for 5 minutes. Remove from water, and use a small knife to start removing the skin. The skin will peel off nicely from the flesh.