

# 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

## 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.