



# PEACH & RASPBERRY PARFAITS

Preparation/Cooking Time: 15 min

Servings: 6

## Ingredients

½ cup (4 oz) ⅓-less-fat cream cheese

¼ cup sugar, divided

1 cup vanilla fat-free yogurt

2 cup sliced peeled peaches (6-7 peaches)

1 cup raspberries

## Quick Tip

Make peeling easier...place peaches in a bowl of warm water for 5 min. Remove from water, and use a small knife to start removing the skin.

## 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 ¼ cup fruit mixture. Repeat layers with remaining cheese mixture and fruit. Chill until ready to serve.

*Adapted from recipe found at [www.myrecipes.com](http://www.myrecipes.com)*

## Nutrition Tips



This refreshing dessert is perfect for a warm summer night! It is a delicious way to get 25% of your daily recommended 2 cups of fruit, and is full of other vitamins and minerals. Peaches and raspberries together provide vitamin A, several B vitamins, vitamin C, and potassium. Add variety by using different fruit combinations, such as strawberries and kiwi. The cream cheese mixture can also be used as a light dip for your favorite fruits.

## Nutrition Facts

Serving Size 1 parfait

Servings per Recipe 6

### Amount Per Serving

**Calories** 121    Calories from Fat 30

**Total Fat** 3.4g

Saturated Fat 2g

**Cholesterol** 12mg

**Sodium** 116mg

**Total Carbohydrate** 20g

Dietary Fiber 2g

Sugar 17g

**Protein** 4g

Calcium 90mg

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