

Strawberry Parfait

Prep time: 15 minutes

Total time: 15 minutes

Serves: 8 or more

Ingredients

- 2 cups heavy whipping cream
- 1 Tablespoon sugar
- 1 teaspoon vanilla
- ½ cup strawberry jam
- fresh strawberries
- granola of choice (1-2 Tablespoons per serving)
- waffle bowls

Directions

- Slice strawberries-enough to top each parfait.
- Combine cream, sugar & vanilla in in stand mixer bowl or a large mixing bowl (at least 3 quart) if using a hand mixer.
- Beat on medium for a few minutes or until cream starts to stiffen a bit.
- Whip on high for a couple more minutes or until cream forms stiff peaks.
- Be careful not to over-whip or the mix will turn into butter.
- Incorporate jam into mix using lower speed.
- Spoon into small bowls or waffle bowls.
- Top with strawberries.
- Enjoy!

Julie's Notes

- For non-dairy you can use coconut cream. Place a few cans of full fat coconut milk in the fridge for several hours & skim the solid 'cream' off the top. No need to whip it, just add your fruit/jam to it.
- You can use any berries or jam
- You can leave out the jam & just use the fresh berries
- You can use any kind of fruit-not sure about watermelon though....but one could experiment.
- You can top with chocolate chips or other ice cream toppings
- You can use vanilla wafers or graham crackers
- You don't have to have the waffle bowls, wafers, crackers or granola
- This would make an excellent fruit dip
- You can use yogurt in place of the whipped cream
- You can use a non-dairy yogurt if you like
- I've tried whipping yogurt and haven't had good luck
- What else can you think of?

Recipe by Julie at www.JulieGrunklee.com