

Strawberry Cheesecake Parfaits

This no-bake recipe comes together quickly and results in a lighter version of a traditional cheesecake dessert.

YIELD 12 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

For the Fruit Sauce:

2 cups	Strawberries, frozen, unsweetened
1 Tbsp	Sugar
¼ cup	Water

For the Cheesecake Filling & Assembly:

1 cup	Heavy Whipping Cream
8 oz	Cream Cheese, regular or reduced fat
1 cup	Cottage Cheese, low-fat
½ cup	Powdered Sugar
1 tsp	Vanilla Extract
6 each	Graham Crackers, crumbled

CHEF'S NOTES

Parfaits are a customizable dish, made by layering ingredients of different textures and flavors. Personalize your own by using your favorite fruit, including a touch of citrus zest, or by adding an additional layer of toasted and chopped nuts!

Pro Tip: Break graham crackers into large pieces and place in a Ziploc bag. Use a rolling pin, bottom of a cup, or simply use your hands to crush the crackers into small crumbs perfect for your parfait.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. To make the fruit sauce: In a medium saucepot over medium-low heat, combine the frozen strawberries, sugar, and water. Allow to simmer for about 5 minutes, then mash the fruit using a potato masher or fork. Simmer for an additional 10 minutes. Remove from heat and allow to cool.
3. To make the cheesecake filling: In a large bowl, whip the heavy cream with an electric mixer or by hand, using a whisk. Once soft peaks have formed, transfer whipped cream to the refrigerator until ready to use.
4. Add cream cheese, cottage cheese, powdered sugar, and vanilla to a large blender pitcher. Starting on low and gradually increasing the speed, blend until smooth and creamy, about 2 minutes. Scrape down the sides of the blender as needed.
5. Transfer the cream cheese mixture to the large mixing bowl with the whipped cream. Using a rubber spatula, gently fold in the whipped cream until just combined. Do not overmix, so that the mixture remains light and airy.
6. To assemble the parfaits: Divide graham cracker crumbs evenly between 12 (8 oz.) cups. Add ½ cup of cheesecake mixture to each cup then top with 1 Tbsp of strawberry sauce. Chill until ready to serve. Enjoy!

Nutrition Facts

12 servings per container

Serving size 1 parfait (101g)

Amount Per Serving

Calories 190

% Daily Value*

Total Fat 12g 15%

Saturated Fat 8g 40%

Trans Fat 0g

Cholesterol 35mg 12%

Sodium 200mg 9%

Total Carbohydrate 16g 6%

Dietary Fiber <1g 3%

Total Sugars 11g

Includes 8g Added Sugars 16%

Protein 5g

Vitamin D 0.3mcg 2%

Calcium 30mg 2%

Iron 0.5mg 2%

Potassium 70mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK, WHEAT, SOY



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