

Strawberry and Cream Parfaits



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Recipe by: Laura Vitale

Makes 12

Prep Time: 20 minutes

Cook Time: minutes

Ingredients

- __ 4 cups of Chopped Strawberries
- __ 2 Tbsp of Balsamic Vinegar or Balsamic Glaze
- __ 1/4 cup of Granulated Sugar
- __ 1/2 cup of Crushed Graham Crackers
- __ 1 9 inch Loaf of Pound cake
- __ 8 oz of Cream Cheese, softened at room temp
- __ 1/2 cup of Powdered Sugar
- __ 8oz of Whipped Topping, thawed
- __ Zest of 1/2 of a Lemon
- __ 1 tsp of Vanilla Extract

1) In a bowl, toss the berries with the balsamic and sugar and set aside.

2) In a large bowl, cream together the cream cheese, powdered sugar, lemon zest and vanilla until well combined, then fold in the whipped topping (it will turn into a thick mousse like consistency), place the cream in a large piping bag, snip the tip and set aside.

3) Cut the pound cake into slices and add a piece to the bottom of a serving cup (this makes 12 so use small single size cups) then top with a spoonful of strawberries, pipe over some of the cream, add a sprinkle of the graham cracker crumbs and finish with another spoonful of strawberries.

4) Pop them in the fridge for a couple of hours before serving.

