

RASPBERRY CHEESECAKE PARFAITS

PREP TIME: 10-15 MINUTES

SERVINGS: 4 PARFAITS

Ingredients:

- 4oz (1/2 pack) of cream cheese, at room temperature
- 1 cup (5oz container) of vanilla Greek yogurt
- 3 tbsp honey or other sweetener
- 1 pint container raspberries
- 1/4 cup almonds
- 1/4 cup pecans
- 3 dates, chopped (or 1/3 cup dried dates)
- 1/4 tsp cinnamon



Directions:

1. Wash raspberries.
2. Add almonds, pecans, dates, and cinnamon to a food processor. Blend until nuts are broken down enough to form the crust. Alternatively, you can put these ingredients in a gallon zippered bag and crush with a rolling pin.
3. Place crust in the bottom of 4 dishes or jars.
4. Add cream cheese, yogurt, and sweetener to a large bowl and beat with a mixer.
5. Add a layer of the cheesecake mixture to the dishes/jars on top of the crust. Do the same with the raspberries.
6. Repeat with another layer of cheesecake and raspberries.
7. You may eat right away, but it is preferred to refrigerate for a few hours.
8. Enjoy!

Notes: Instead of vanilla yogurt, you may use plain yogurt + 1 tsp vanilla extract. You can use regular cream cheese or reduced fat. You can try a mix of berries if you want to serve this for the 4th of July! Store in the fridge for several days if needed.

Adapted from: Made in a Pinch