


**THICK
& EASY®**

Ginger Peach Parfait





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⌚ 15 - 20 MINS

IDDSI LEVELS



NUTRITION

Serving Size:

1 portion (1/2 cup fruit, 1 oz cookie, 2 Tbsp whipped topping)

Calories: 250

Total Fat: 6g

Saturated Fat: 2.5g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 115mg

Total Carbs: 45g

Dietary Fiber: 1g

Total Sugars: 29g

Added Sugars: 0g

Protein: 2g

Potassium: 2% DV

Calcium: 0% DV

Iron: 6% DV

Vitamin D: 0% DV

INGREDIENTS

	1 Serving	6 Servings	12 Servings
Gingersnap cookies (crumbs)	1 oz	6 oz	12 oz
Milk	1 1/2 tsp	3 Tbsp	6 Tbsp
THICK & EASY® Instant Food & Thickener Item: 07925	1/8 tsp as needed	3/4 tsp	1 1/2 tsp
Peaches*	1/2 cup	3 cups	1 1/2 quarts
Cinnamon	dash	dash	dash
THICK & EASY® Instant Food Thickener Item: 07925	2 tsp	1/4 cup	1/2 cup
Whipped Topping	2 Tbsp	4-6 Tbsp	8-12 Tbsp

*For convenience, use Hormel Shaped Frozen Pureed Peaches instead of manually thickening peaches.

DIRECTIONS

1. Crush cookies or pulse in food processor to fine crumbs.
2. Add milk and stir well.
3. Add first amount of **THICK & EASY® Instant Food & Thickener** to thicken mixture if needed. Stir well and set aside.
4. Puree peaches until smooth.
5. Add second amount of **THICK & EASY® Instant Food & Thickener** to the peaches and blend to incorporate thickener.
6. To serve: spread softened cookie crumbs onto bottom of a plate, bowl or dessert dish.
7. Top with pureed peaches and whipped topping.