

LYONS
**THICK
& EASY®**

Ginger Peach Parfait





Ginger Peach Parfait

IDDSI LEVELS 4 5 6 7



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 Shaped Frozen Pureed Peaches instead of manually thickening peaches.

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

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.