

PB&J Swirling Parfaits

Serves 4

June 2015, by Camine Pappas

INGREDIENTS:

1 6 ounce container Greek yogurt
(low fat is preferred)
6 ounces of smooth peanut butter
3 cups whipped cream (3/4 C
heavy cream)
½ t vanilla
2-3 T powdered sugar
½ C of your favorite jam, divided
1/3 C salted peanuts, chopped
4 raspberries or other fruit to top
rolled in granulated sugar



DIRECTIONS:

In a large mixing bowl, combine the peanut butter and yogurt, mixing well. In another bowl, beat the cream with a hand mixer, add the sugar and vanilla just as it approaches soft peaks, and then keep beating again until stiff peaks form. Now add the peanut butter mixture a little at a time, folding in with a spatula about ¾ C at a time. Be patient. It will combine. But you want to keep the air in the whipped cream so be gentle.

In four parfait serving cups, add a little of the jam at the bottom, until you get see it on the side. I used red raspberry preserves. Then spoon the peanut butter mixture over the jam, and smooth out the tops of each patting down a little and swirling the top so it is flat and pretty. Top with the fruit piece rolled in sugar, and then sprinkle with the chopped peanuts. Chill until ready to serve and cover if it will be over 6 hours. Good overnight but not more than 1 day.

**I added 3 T powdered sugar and ½ t pure vanilla extract to the cream right before it came to stiff peak. Then finished blending.*