



Peach Parfaits with Amaretti & Whipped Greek Yogurt

To make this up to a day in advance, prep the peach mixture and whipped yogurt. Refrigerate them separately and assemble the parfaits just before serving.

1½ pound peaches, peeled and sliced
3 tablespoons sugar
¼ teaspoon ground cardamom
Pinch of salt
¾ cup plain Greek yogurt
¾ cup heavy cream
2 tablespoons maple syrup
½ cup crumbled amaretti cookies (about 6)
Mint sprigs, for garnish (optional)

1. In a medium bowl, combine the first 4 ingredients. Let stand 15 minutes.
2. Meanwhile, combine the yogurt, cream and maple syrup in a medium bowl. Beat with a mixer fitted with a whisk attachment 2-3 minutes or until stiff.
3. Spoon half the peach mixture evenly into each of 6 (6-oz) glasses or ramekins. Top evenly with about half the yogurt mixture. Top evenly with remaining peach mixture and yogurt mixture. Sprinkle evenly with crumbled amaretti. Garnish with mint, if desired.

Serves 6.

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