

Quick & Easy Parfaits
A Sweet Treat with a Bit of Crunch

Need a grab and go breakfast, snack or dessert? Parfaits are a perfect option since they're so quick and easy to make. Begin by layering a little fruit in the bottom of a bowl, glass tumbler or small storage container. Add about 1/3 cup of the cream of your choice, made following the recipe below. Add another layer of fruit; and finish with 1/3 cup of cream. Sprinkle with a tablespoon or two of crunch and voila!

Alternate layers of:

Tofu Cream (recipe below)	Fruit (fresh or frozen)	Crunch (1-2 tablespoons)
Tofu Cream: Vanilla Chocolate Lemon Raspberry Banana	Raspberries Mango Blueberries Strawberries Peaches Banana Poached fruit of your choice	Toasted rolled oats Granola Walnuts Almonds Cashews

Basic Vanilla Tofu Cream

- 1 12-oz. block silken firm or extra firm tofu
- 2 tbsp chopped dates (soak in just-boiled water to soften first)
- 1 tsp pure vanilla extract

Place all ingredients in a blender or food processor. Blend until smooth. Chill until thickened to desired consistency.

Variations:

- Mango:** Peel and dice 1 fresh mango, blend with tofu.
- Chocolate:** Stir 1 cup of dark cocoa powder into finished cream.
- Raspberry:** Blend 1 cup of fresh or thawed frozen raspberries with tofu.
- Banana:** Peel and roughly slice 2 bananas and blend with tofu.
- Lemon:** Zest and juice one large lemon and stir into finished cream.

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