

No-Bake Cheesecake Parfait



Here's an easy and quick recipe for a decadent and satisfying dessert: No-bake cheesecake parfait. A dessert rich in flavors and textures, perfect for ending a meal in style!

Preparation 15 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 195

Fat 9

Carbohydrates 22

Fibre 2

Protein 7

Sodium 160

Ingredients

- 125 ml (½ cup) thawed frozen strawberries
- 10 ml (2 tsp) chia seeds
- 80 ml (⅓ cup) cookie crumbs (graham or other)
- 15 ml (1 tbsp) softened butter
- 125 ml (½ cup) plain Greek yogurt
- 125 ml (½ cup) light cream cheese

- 15 ml (1 tbsp) cocoa powder

Preparation

1. In the first bowl, mash the strawberries with a fork and add the chia seeds. Let it rest.
2. In the second bowl, mix the cookie crumbs with the butter.
3. In the third bowl, whisk together the Greek yogurt, cream cheese, maple syrup, and cocoa until smooth and well combined.
4. Divide the cookie crumb mixture among four dessert glasses, followed by the creamy mixture, and top with the strawberry puree.
5. Refrigerate until ready to serve.

Notes



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