

DESSERT

Very Berry Dreamboat Parfaits

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	5 min	20 min	2	\$2.23	254 kcal



If you have around 25 minutes to spend in the kitchen, Very Berry Dreamboat Parfaits might be an awesome lacto ovo vegetarian recipe to try. For \$2.23 per serving, you get a dessert that serves 2. One serving contains 254 calories, 12g of protein, and 3g of fat. 2 people were glad they tried this re...

Ingredients

- ☐ ½ cup fat-free cream cheese, room temperature
- ☐ 2 servings Fat-free whipped topping (from an aerosol canister), optional
- ☐ 2 tablespoons granulated no-calorie sweetener (recommended: Splenda)
- ☐ ½ cup sliced strawberries
- ☐ ¼ cup fat-free milk
- ☐ 1 sheet (4 crackers) low-fat graham crackers, lightly crushed
- ☐ ½ cup raspberries
- ☐ ¼ teaspoon vanilla extract

☐ 2 tablespoons (1/2 of a 4-serving box) sugar-free fat-free vanilla instant pudding mix (recommended: Jell-O)

☐ 1 cup fat-free whipped topping, thawed from frozen

EQUIPMENT Bowl

Method

- 1 Combine pudding mix, sweetener, vanilla extract, and milk in a bowl. Stir vigorously until it's smooth and slightly thickened.
- 2 Mix in whipped topping and cream cheese. Stir thoroughly, until it's completely mixed and smooth. Cover it and refrigerate for at least 20 minutes.
- 3 Evenly distribute raspberries between 2 parfait glasses (or any midsized glasses). Evenly distribute half of the chilled pudding mixture between the glasses, about 1/4 cup per glass.
- 4 Repeat layering with strawberries and the remaining half of the pudding mixture.
- 5 If you like, top each parfait with a squirt of whipped topping. Evenly distribute the crushed graham crackers between the glasses. Enjoy!

Nutrition per serving

254
KCAL

12 g
PROTEIN

3 g
FAT

45 g
CARBS

Saturated Fat	1.6 g · 10% of daily needs
Fibre	2.9 g · 12% of daily needs
Sugar	30.5 g · 34% of daily needs
Sodium	577 mg · 25% of daily needs
Cholesterol	14.4 mg · 5% of daily needs
Vitamin C	29 mg · 35% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/very-berry-dreamboat-parfaits-142391