

# Betty's Beautiful Banana-Peach-Blackberry Parfait Recipe



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In this video, Betty demonstrates how to make a luscious (and healthy) elegant dessert--her Beautiful Banana-Peach-Blackberry Parfait! It is colorful, dramatic, and delicious! And super easy to make!!!

## Ingredients:

- 1 fresh ripe banana, peeled and sliced
- 2 fresh peaches, peeled and sliced into small slices
- 1 pint fresh blackberries, washed and dried with paper towel
- splash of lemon juice
- 2 tablespoons Splenda (or sugar or other artificial sweetener)
- 6 oz. vanilla yogurt (I used low-fat yogurt. You may use regular, and you may substitute plain yogurt, if you cannot find vanilla-flavored yogurt.)
- 16 oz. package banana creme (You may make your own vanilla or banana pudding instead.)
- granola crumbles for garnish (You may make these by crumbling a granola or breakfast bar.)

Add a splash of lemon juice and 1 tablespoon of Splenda to 1 sliced banana and stir. Also a splash of lemon juice and add 1 tablespoon of Splenda to 2 sliced peaches and stir. For a pretty parfait, you will need an appropriate clear glass. I used a sundae glass. In the bottom, place a small amount of vanilla yogurt. Next, put a couple of banana slices, followed by banana creme. Then, put a few sliced peaches on top of the banana creme and 2 or 3 blackberries on top of that. When you put these layers in the glass, make sure that each layer can be seen all around the glass. Repeat this layering, up to the last layer. For the last layer, place a generous amount of vanilla yogurt and then top it off with granola crumbles and a large blackberry. Done! It's that simple! It is very elegant dessert for a fancy summer dinner party!!!