

Betty's Fourth of July Strawberry-Blueberry Parfait Recipe



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In this video, Betty demonstrates how to make a perfect (and healthy) Fourth of July dessert--her Strawberry-Blueberry Parfait! It is colorful (red, white, and blue), dramatic, and delicious! And super easy to make!!!

Ingredients:

2 cups fresh strawberries, washed, dried (with paper towel), and quartered

2 cups fresh blueberries, washed and dried

2 tablespoons Splenda (or sugar or other artificial sweetener)

1 carton strawberry glaze (I used sugar-free.)

8 oz. carton frozen whipped topping, thawed (I used fat-free.)

Add 1 tablespoon of Splenda to 2 cups strawberries and stir. Also add 1 tablespoon of Splenda to 2 cups of blueberries 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 whipped topping. Next, put a few small strawberry slices, followed by strawberry glaze. Then, put a few blueberries on top of the glaze. 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 whipped topping, and then top it off with strawberry slices and blueberries (no glaze, because it would kill the effect of the whipped topping at the top). Done! It's that easy! It is perfect for the 4th of July, but is very elegant for a fancy summer party!! Happy 4th!!!--BG