

Mini Parfaits

Small bites are popular these days and for one who is always trying to diet, small desserts are great. I get a bite and then I move on (most of the time).

This week we'll share some small bite desserts that taste great, are easy to make and everyone will love!

Today's treat:



What you need for 4 2" parfait cups (cups are dessert wine glasses or large shot glasses)

▪ ***Strawberries and cream:***

- 3 medium strawberries
- 1 teaspoon sugar
- 12 Tablespoons whipping cream (aerosol works great)

▪ ***Coconut Banana:***

- 1 large banana
- 8 Tablespoons shredded coconut
- 4 Tablespoons whipped cream
- 2 teaspoons shredded coconut, toasted

▪ ***S'Mores:***

- 2 graham crackers, crushed
- 8 Tablespoons marshmallow cream
- Chocolate syrup

How to Do it:

Strawberries and Cream:



Cut the berries into small chunks and sprinkle with sugar. Allow to sit for about 15 minutes.



Layer the berries with the whipping cream in each glass. Top with whipped cream and a berry slice to garnish.



Coconut Banana:



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Starting with a small amount of whipped cream, layer the bananas, coconut and cream until the glass is filled.



Top with

another small amount of whipped cream and the toasted coconut.



Note: to toast the coconut, put it in a hot, dry pan. Shake the pan over medium high heat until it begins to brown. Remove from the heat immediately.



S'Mores:



Place about 1 teaspoon of crushed graham cracker in the bottom of the glass.



Top with 1 teaspoon of marshmallow cream (this is the hard part because it's really sticky!!).



Squirt a small amount of chocolate and continue to layer. You can also add a few tiny chocolate chips!



Keep layering until the cup is full. Top with cream and a tiny sprinkle of graham cracker.



Serve the parfaits with small dessert spoons.

Makes 4 Mini parfaits of each kind

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