

Breakfast | Snack

# Peach Cobbler Parfait

**8 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

**200** Calories **4.5g** Fat **36g** Carbs **4g** Protein



## Ingredients

**2** Servings (1 Parfait Each) **8 Mins** Total Time **Allergens:** Dairy, Gluten, FODMAPs

½ Cup Nilla Wafers®

1 Cup Vanilla Non-Fat Yogurt, divided

1 Cup Frozen Peaches, thawed and diced

Cinnamon, for garnish

### Allergen Swap

**Dairy** Use a dairy-free yogurt (soy, coconut, nut milk)

**Gluten** Use gluten-free graham crackers

**FODMAPs** Use gluten-free graham cracker, use yellow peaches (white peaches are high in FODMAPs)

### Nourishment Note



#### Peaches

Peeled peaches provide easy to digest fiber and vitamin C to help your body more easily fight infections.



#### Cinnamon

Cinnamon may help lower inflammation within the body, reducing symptoms associated with Crohn's disease and ulcerative colitis.

## Instructions

### 1. Crush Wafers

Place the wafers inside zip-top bag and crush into smaller pieces.

### 2. Dish Yogurt

Spoon  $\frac{1}{4}$  cup of vanilla yogurt in the bottom of each serving bowl.

### 3. Fill Bowl

Alternate layers of 2 Tbsp wafers and  $\frac{1}{4}$  cup diced peaches with yogurt until each bowl is filled to the brim.

### 4. Add Cinnamon

Sprinkle each parfait with cinnamon, serve and enjoy!

Recipe Created by Meijer Registered Dietitians,  
Beth Eggleston and Emily Parsell

## What You'll Need



Measuring Cup



Measuring Spoons



Zip Top Bag



Spoon



2 Small Serving Bowls

### Remission Remix

- Sprinkle in some chopped walnuts to add inflammation-lowering omega-3 fatty acids.