

Breakfast | Snack

# Peach Cobbler Parfait

Side Effect: Trouble Swallowing

**8 Mins**  
Prep Time

**0 Mins**  
Cook Time

**2**  
Servings

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



## Ingredients

**2 Servings** • **1 Parfait Serving Size** **8 Mins Total Time** **Allergens: Dairy, Gluten**

½ Cup Nilla Wafers®

1 Cup Vanilla Non-Fat Yogurt, divided

1 Cup Canned Peaches, diced

Cinnamon, for garnish

### Allergen Swap

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

**Gluten** Use gluten-free graham crackers

### Nourishment Note



#### Yogurt

The texture of yogurt makes it a good choice for those who have difficulty swallowing or pain while swallowing.



#### Canned Peaches

Canned peaches are a soft, tender fruit that are generally well tolerated in those with swallowing difficulties.

## Instructions

### 1. Wash Hands

Wash hands before starting recipe.

### 2. Crush Wafers

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

### 3. Dish Yogurt

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

### 4. 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.

### 5. Add Cinnamon

Sprinkle each parfait with cinnamon, serve and enjoy.

### 6. Wash Dishes

Make sure to wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

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

## What You'll Need



Measuring Cups



Measuring Spoons



Zip Top Bag



Spoon



2 Small Serving Bowls

### Fatigue Buster

- Purchase pre-diced canned peaches.
- Omit the Nilla Wafers® and just mix diced peaches into the yogurt.