

SALTED CARAMEL CHEESECAKE PARFAIT

Recipe by Janeva Eickhoff

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Ingredients:

1 IP apple cinnamon puffs, roughly crushed

1 IP vanilla pudding mix, prepared

1-2 drops cream cheese extract or emulsion, optional

2 T. Walden Farms caramel syrup

Sea salt

Directions:

1. Evenly divide crushed puffs into two parfait glasses. (Reserve some for topping if desired.)
2. Mix extract into prepared pudding. Divide between the two parfait glasses by layering over crushed puffs.
3. Drizzle each parfait with 1 T. caramel syrup and a pinch of sea salt. (Sprinkle each parfait with reserved crushed puffs before serving, if reserved.)

Servings: Entire recipe (2 parfaits) = 1 unrestricted + 1 restricted; 1 parfait = ½ unrestricted + ½ restricted

TIP: I count 1 parfait as my restricted for the day even though only ½ of the parfait is restricted. Reserve the 2nd parfait for another snack/dessert another time; keep refrigerated. The cream cheese extract or emulsion is an optional addition; the parfaits are still delicious w/o it. I purchase flavored extracts at www.olivenation.com. If you are located in Canada, try Bulk Barn. You may use another flavor of Walden Farms syrup in place of the caramel syrup and sea salt such as strawberry, chocolate or blueberry.

For more recipes like this, Janeva's Ideal Recipes cookbook is available at www.janevaskitchen.com and offers 318 Phase 1 journey recipes. A portion of the proceeds from the sale of the cookbooks supports Samuel's House Foundation, Janeva's late son's charity helping to feed hungry children.

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