

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. Wash Hands

Wash hands with soap and water.

### 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 Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy  
Registered Dietitians

## 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.