

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 **Pasteurized** 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 Hands

Wash hands with soap and water.

Recipe Created by Meijer Specialty Pharmacy
Registered Dietitians

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.