truwhip

Strawberry Cookie Parfait

Serves: 3-4 | Ready: 30 min

Directions

1. Preheat the oven to 350F. Then line a baking sheet with parchment paper. Set aside.

2. Cut the cookie dough into bite-size pieces and place on the baking sheet with parchment paper.

3. Bake until the cookie dough crumbles have baked for 8 to 15 minutes then remove from the oven to cool before assembling.

4. In a large bowl, add Truwhip Skinny Whipped Topping, vegan cream cheese, dried strawberry powder, sugar free maple syrup and lemon zest. Whip with a hand mixer until smooth and creamy.

5. To assemble the parfaits, add cookie crumbles to the base of an 8-ounce glass. Then add the strawberry mousse over the top to create an even layer. Add a thin layer of jam, then add mousse again. Top with chopped strawberries and drizzle the melted chocolate and caramel. Repeat the same process to prepare for each serving. You can also add your desired toppings. Serve cold and enjoy!

Ingredients

1 package of chocolate chip cookie dough

1 cup of strawberry jam, (for assembly)

Strawberry Mousse:

2 cups of Truwhip Skinny Whipped Topping, chilled

1/2 cup of vegan cream cheese

1 tablespoon of sugar free maple syrup

2 tablespoons of freeze-dried strawberries, crushed into powder

1 teaspoon of lemon zest

Garnish:

1 cup fresh strawberries, chopped

1/4 cup nondairy dark chocolate chips, melted and drizzled

Caramel, drizzled