
Individual Berry Parfait Pies with Lower-Glycemic Options

No-bake berry pies with fresh strawberries, raspberries & sugar-free pudding. GL 20, GI 63. Swap graham crust for almond flour crust to lower GI further. Diabetes-conscious dessert with portion control.

Prep: 15 min

Total: 15 min

Servings: 6

GL 20.3 / GI 63

Ingredients

Prepared according to package directions with fat-free milk fat-free, sugar-free instant vanilla pudding made with fat-free milk

About 12 to 15 medium strawberries, hulled and sliced sliced fresh strawberries

Whole berries, gently rinsed fresh raspberries

Tart-size individual crusts; consider almond flour crusts for lower GI single-serve graham cracker pie crusts

Sugar-free variety preferred light whipped topping

Optional but adds fresh flavor fresh mint leaves for garnish

Instructions

Step 1

Prepare the sugar-free vanilla pudding according to package instructions using 2 cups of fat-free milk. Whisk thoroughly until smooth and allow to set for 2-3 minutes until it reaches a thick, creamy consistency. Refrigerate while preparing other components.

Step 2

While the pudding sets, rinse the strawberries and raspberries gently under cold water. Hull and slice the strawberries into thin pieces (about 1/4-inch thick), keeping the raspberries whole to maintain their shape.

Step 3

Combine the sliced strawberries and whole raspberries in a medium mixing bowl, gently tossing to distribute evenly without crushing the delicate berries. Set aside.

Step 4

Arrange the six individual graham cracker pie crusts (or almond flour crusts for lower GI) on a serving tray or work surface. Spoon approximately 4 teaspoons (about 2 tablespoons) of the prepared pudding into the bottom of each crust, spreading gently with the back of a spoon to create an even layer.

Step 5

Distribute the mixed berries evenly among the six pies, adding approximately 2 tablespoons (about 1/4 cup) of the berry mixture to each crust on top of the pudding layer. Arrange berries attractively with cut sides facing up.

Step 6

Crown each individual pie with 1 tablespoon of light whipped topping, creating an attractive swirl or dollop in the center. Use a spoon or piping bag for more decorative presentation.

Step 7

Garnish each pie with a fresh mint leaf for a pop of color and aromatic freshness. Serve immediately for the best texture, or refrigerate covered with plastic wrap for up to 24 hours until ready to enjoy.

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Step 8

For optimal blood sugar management, serve these pies after a balanced meal containing protein and healthy fats, which will help moderate glucose absorption from the dessert. Each pie is one complete serving designed for portion control.