
Low-Glycemic Berry Parfait with Cream Cheese Mousse

A blood sugar-friendly layered dessert featuring fresh berries and protein-rich cream cheese mousse. Perfect for celebrations without the glucose spike.

Prep: 15 min

Total: 15 min

Servings: 4

GL 7.8 / GI 54

Ingredients

Low GI (40) - rich in fiber and vitamin C fresh strawberries, hulled and sliced

Low-medium GI (53) - high in antioxidants and fiber fresh blueberries

Low GI - high protein content slows glucose absorption low-fat Greek yogurt, plain unsweetened

Minimal carbs - adds protein and creamy texture fat-free cream cheese, softened to room temperature

Medium GI (58) - use sparingly for natural sweetness raw honey

Instructions

Step 1

Remove the cream cheese from refrigeration and allow it to soften at room temperature for 10-15 minutes, making it easier to blend smoothly.

Step 2

While the cream cheese softens, rinse the strawberries under cold water, remove the green tops, and slice them into quarters. Rinse the blueberries and pat both fruits dry with paper towels.

Step 3

In a medium mixing bowl, combine the Greek yogurt, softened cream cheese, honey, and vanilla extract. Using an electric mixer or whisk, beat the mixture on medium speed for 2-3 minutes until completely smooth, fluffy, and no cream cheese lumps remain.

Step 4

Prepare your serving glasses or parfait cups. Begin layering by spooning 2-3 tablespoons of the cream cheese mousse into the bottom of each glass.

Step 5

Add a layer of sliced strawberries over the mousse, followed by another layer of the cream mixture, then a layer of blueberries. Continue alternating layers, creating a red, white, and blue pattern.

Step 6

Finish each parfait with a final dollop of the cream cheese mousse and top with a few whole blueberries and a strawberry slice for an attractive presentation.

Step 7

Cover the parfaits with plastic wrap and refrigerate for at least 30 minutes before serving to allow flavors to meld and the mousse to firm up slightly. These can be made up to 4 hours ahead.