

Foodnity Recipes

No-Bake Strawberry Cheesecake Parfaits

15 min	15 min	4
Prep time	Total time	Servings
Easy	**American**	
Difficulty	Cuisine	

Ingredients

Parfait Base

- [ ] 1 cup graham cracker crumbs
- [ ] 2 tbsp melted unsalted butter
- [ ] 1 tbsp honey

Cheesecake Layer

- [ ] 8 oz cream cheese, softened
- [ ] 1/4 cup honey
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp lemon juice
- [ ] 1/2 cup heavy whipping cream

Strawberry Layer

- [ ] 2 cups fresh strawberries, hulled and sliced
- [ ] 2 tbsp strawberry puree
- [ ] 1 tsp sugar (optional)

Garnish

- [ ] Whole strawberry or mint leaf for each glass

Instructions

1. Combine graham cracker crumbs, melted butter, and honey; press the mixture into the bottom of each serving glass.
2. In a bowl, beat cream cheese until smooth, then whisk in honey, vanilla, and lemon juice; gently fold in whipped cream until light.
3. Layer half of the cheesecake mixture over the crust, then add a layer of sliced strawberries and a drizzle of strawberry puree.
4. Top with the remaining cheesecake mixture, finish with more strawberries, a mint leaf, and chill for at least one hour.
5. Serve cold, enjoying each spoonful of creamy, fruity goodness.

Nutrition per serving

280 kcal	5 g	34 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the cheesecake layer feels too thick, add a splash of milk to loosen it.
- For extra sparkle, garnish with a tiny pinch of edible gold dust.
- Adjust honey to taste; strawberries vary in sweetness.