

Peach Parfait with Blueberries

6 - 7 medium-large fresh peaches, peeled and pureed to equal 3 cups*
1/4 cup granulated sugar

1 Tbs honey
1 Tbs lemon juice
1 1/2 tsp unflavored gelatin
3/4 cup heavy whipping cream

2 cups fresh blueberries
Fresh mint, additional peach slices and blueberries for garnish

This no-bake dessert is easy to prepare and can be made hours before guests arrive. Be sure peaches are nice and ripe for optimum flavor.



In a 2-quart saucepan, combine peaches, sugar, honey and lemon juice. Sprinkle gelatin over mixture and let stand 5 minutes.

Bring mixture to a boil, stirring occasionally, over medium-high heat. Remove from the heat and transfer to a medium-size bowl. Chill, stirring occasionally, until mixture begins to thicken, about 1 1/2 hours.

Place cream in a chilled bowl and beat until stiff. Fold whipped cream into peach mixture.

Layer peach mixture and blueberries in parfait glasses. Chill until set, about 4 hours. Garnish each dessert with a peach slice, several blueberries and a sprig of mint.

Makes 6 servings.



*Can substitute well-drained frozen or canned peaches. Pat dry prior to pureeing.