



The **ingles** Table

with Gigi Stewart
STRAWBERRIES & CREAM PARFAIT

Shopping List

- 1 cup of chopped strawberries
- 1 tbsp of sugar
- 1 cup heavy whipped cream
- 1/2 cup of mascarpone cheese
- 1 tbsp powdered sugar
- 1 tsp of vanilla extract
- 1 cup of gluten-free cookies

Cooking Instructions

1. Put the strawberries and the sugar in a bowl and mix them together.
2. Process the mascarpone cheese, the cream, the powdered sugar and the vanilla extract until you get a thick cream.
3. Add some crushed gluten-free cookies on the bottom of a glass.
4. Add 2 tbsp of strawberries over the cookies and then a layer of your thick cream.
5. Repeat steps 3 and 4.
6. Garnish with cookies and fresh mint on the top.

