

# Red White and Blue Parfaits



## ***Ingredients***

- 4 ounces Mascarpone cheese, softened to room temperature
- 4 ounces sugar free whipped topping, such as Cool Whip
- 1 tablespoon white chocolate chips
- Fresh strawberries, hulled and diced (about 2 dozen)
- Fresh blueberries (about 1 cup)

## ***Instructions***

1. To make the cream, microwave 1 tablespoon of white chocolate chips in a microwave safe bowl for about 15 seconds. Stir until melted and add in 4 ounces of Mascarpone cheese. Stir until smooth and then fold in 4 ounces of sugar free whipped topping. Stir gently to combine.
2. To assemble your parfaits divide the ingredients equally among 4 serving glasses by adding a tablespoon or two of diced strawberries first and top with a dollop of whipped topping mixture. Add a layer of blueberries and top with a dollop of whipped topping. Add another layer of strawberries and top that with a few blueberries. Garnish with a strawberry dipped in the whipped topping mixture. Continue with remaining ingredients and serving glasses. Serve and enjoy! If you make these up ahead of time, you can just cover them and refrigerate until ready to serve.

**Yield:** 4 servings

**Prep Time:** 15 mins.

**Total time:** 15 mins.