

Sugar-Free Parfait

This sparkling dessert is as colorful as it is healthy! Instructions are for a single parfait.

1/4 cup sugar-free raspberry Jello

1/4 cup sugar-free whipped topping

1/4 cup fresh sliced strawberries

1/4 cup fresh blackberries

Layer the ingredients in a water goblet. Be creative about Jello flavors and types of fruit. The more contrast, the better it looks and tastes.

LEHIGH VALLEY

HOSPITAL AND
HEALTH NETWORK

LEHIGH VALLEY HOSPITAL
Cedar Crest & I-78, Allentown
17th & Chew Streets, Allentown

LEHIGH VALLEY HOSPITAL—
MUHLENBERG
Route 22 & Schoenersville Road
Bethlehem

www.lvh.org
610-402-CARE

For more information
or for a physician referral,
call 610-402-CARE