

Summery Berry Dessert in a Glass

Simple & easy to make light summer dessert

Author: Elisa | Inthekitchenwithelisa

INGREDIENTS

(makes 2 portions)

- 9-10 whole wheat butter cookies
- 8-10tsp strawberry/raspberry jam
- about 10 medium strawberries

- 100g cream cheese, thick natural flavoured yogurt or quark
- 100g whipping cream (30% fat)
- 1tsp vanilla paste or extract
- 2tsp sugar
- fresh mint for decoration (optional)



DIRECTIONS

1. Start by crushing the cookies in a blender or in a plastic bag using a pastry roller.
2. Soften the cream cheese in a medium bowl with the vanilla paste and sugar. Whip the cream until stiff peaks and add half of the cream to the cream cheese and fold in until its almost combined. Add the rest of the cream and continue folding in until combined.
3. Wash the strawberries, remove the green parts and cube them into fairly small pieces.
4. Take two small dessert glasses (250ml) and add a layer of crushed cookies to the bottom of each glass, about 3-4 teaspoons for each. Then add 2-3 teaspoons of jam on top so that the cookie layer is covered with jam. Next make a layer of strawberries and top with some of the cream. Repeat all the previous steps to make a second layer.
5. Decorate with some very fine crushed cookies, some more strawberries and fresh mint.
6. Refrigerate the desserts for at least 1-2 hours so that the cookie crush has time to absorb the moisture from the jam and the cream and becomes soft and flavourful.
7. Serve cold.

TIP. If the jam you are using is not runny, but is more of a marmalade consistency, mix in some hot water to make it runnier, before you use it for this dessert. This will help the jam to be better absorbed by the crushed cookies.

TIP. You can use any berries or fruits that you like for this dessert and you can also use any other jam. I sometimes also use leftover cake base or lady fingers instead of the crushed cookies.