



Long Livo

No Bake Cheesecake Parfait With Cherry Pie Filling

10 min
Prep time

10 min
Total time

4
Servings

Easy
Difficulty

American
Cuisine

Ingredients

Crust

- ☐ 1 cup (10-12) graham cracker crumbs
- ☐ 1/4 cup (50 g) unsalted butter, melted
- ☐ 2 Tbsp granulated sugar

Cheesecake Mousse

- ☐ 8 oz (225 g) cream cheese, softened
- ☐ 1/2 cup (60 g) powdered sugar

- ☐ 1 tsp vanilla extract
- ☐ 1 Tbsp fresh lemon juice
- ☐ 1 cup (240 ml) heavy cream, whipped

Fruit and Garnish

- ☐ 1 cup (250 g) cherry pie filling
- ☐ Fresh cherries for garnish (optional)

Instructions

- 1** In a small bowl, go ahead and combine the graham cracker crumbs, melted butter, and 2 Tbsp sugar. Stir it all together until the mixture coats the crumbs just like damp sand—it's a lovely, nostalgic smell, honestly.
- 2** Now, press about 2 Tbsp of that crust mixture into the bottom of each parfait glass. Squeeze it down firmly to form a thin, even layer. I usually place my glasses on a chilled parchment square or a turntable and pop them in the refrigerator while I get the filling ready.
- 3** In the bowl of your food processor, blend the softened cream cheese until it's completely smooth. Add in the powdered sugar, vanilla, and lemon juice, then just pulse until it's all well combined.
- 4** Transfer that creamy mixture over to a medium mixing bowl. Gently fold in the whipped heavy cream with a spatula, stirring just until it's incorporated and light. You're looking for soft peaks here—don't overdo it, or it'll get too dense.
- 5** Spoon a thin layer of the cheesecake mousse into each chilled parfait glass, up to about 2/3 cup. Sprinkle a layer of cherry pie filling over the mousse, then top it with another layer of mousse to seal in that fruit.
- 6** Tuck a few fresh cherries on top for a little bit of color. Cover the glasses with plastic wrap, and if you like, seal them with parchment paper for a nice, clean look.
- 7** Refrigerate the parfaits for at least 2 hours—or even overnight, if you have the patience. This lets the layers set and the flavors really meld together.

- 8 Just before you serve them, remove the parchment and gently lift the parfaits off the base. I like to finish mine with a light dusting of powdered sugar or maybe a splash of lemon juice if I'm feeling like something extra tart.
- 9 Serve them chilled, and feel free to garnish with whole cherries or a drizzle of rich chocolate sauce for a more indulgent twist. Wow, they look beautiful!

Nutrition per serving

480 kcal

Calories

6 g

Protein

38 g

Carbs

32 g

Fat

Tips & notes

- Make sure your cream cheese is truly softened to avoid those pesky little lumps.
- The cherry pie filling needs to be cold or room temperature so it doesn't melt the mousse.
- Using a turntable helps keep the glasses steady while you're layering.