



A blog by California Giant Berry Farms



Prep Time

10 Mins



Total Time

10 Mins



Servings

4



Calories  
per serving

320

## Berry Parfait with Vanilla Bean Whipped Cream and Caramel

### Ingredients

#### ***For the date mixture:***

½ cup almonds or pecans

½ cup pitted [Natural Delights Medjool Dates](#)

½ cup oats

½ teaspoon cinnamon

1 teaspoon good vanilla extract (this is my favorite)

For the vanilla bean whipped cream:

1 [vanilla bean](#), with the seeds scrapped out

1 cup whipping cream

2 tablespoons powdered sugar

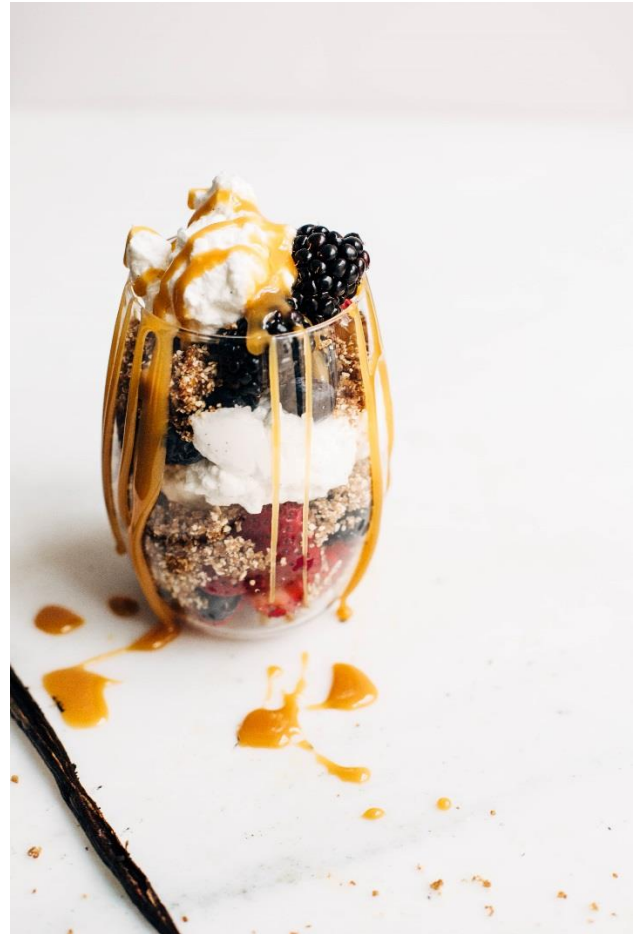
#### ***Layer with:***

1 cup California Giant strawberries

1 cup California Giant blackberries

1 cup California Giant blueberries

[Caramel sauce](#)



### Instructions

In a food processor, combine ingredients for the date mixture. Pulse until mixture is crumbly. Refrigerate until ready to use.

For the whipped cream, use a stand mixture with the whisk attachment to combine the vanilla beans, whipping cream and powdered sugar, until mixture is thick (about 3-4 minutes).

In stemless wine glasses, assemble by layering date mixture, whipped cream, berries and caramel. Repeat until glass is full.