



Caramel Almond Parfaits

- 4 ladyfingers
- 2 tablespoons dark rum (optional)
- 1 pint vanilla frozen yogurt
- 1/2 cup caramel ice cream topping
- 1/2 cup Almond Accents® Butter Toffee Flavored sliced almonds

Cut ladyfingers into 3/4-inch pieces. Sprinkle with rum, if using. Place a 1/4-cup scoop frozen yogurt in each of 4 tall parfait glasses. Top each with 1 tablespoon caramel topping, 1 tablespoon Almond Accents and one quarter of the ladyfinger pieces. Repeat layers with frozen yogurt, caramel topping and Almond Accents. Serve immediately. Serves 4

Nutrition Information Per Serving (without rum): 320 calories; 10 g fat; 27 mg cholesterol; 308 mg sodium; 55 g carbohydrate; 2 g fiber; 6 g protein



Preparation Time : 10
minutes

For more great recipe ideas, visit www.almondaccents.com.