



Makes 6 parfaits
Preparation Time: 40 minutes
Cook Time: 2 hours

INGREDIENTS:

¾ cup rolled oats
1 tablespoon chopped walnuts
3 Medjool dates, pitted and coarsely chopped
Pinch sea salt
2¼ cups unsweetened, unflavored plant milk
¼ cup cornstarch
3 tablespoons pure maple syrup
2 tablespoons lemon juice
1 teaspoon pure vanilla extract
½ teaspoon pure almond extract
2 cups fresh sweet cherries, pitted and halved (10 oz.)
¼ cup low- or no-sugar cherry preserves
2 tablespoons orange juice

Cherry Panna Cotta Parfaits

Renowned for its ultra-creamy, silky-smooth texture, traditional panna cotta is loaded with enough cream and sugar to really weigh you down. This vegan twist on the [Italian](#) classic gets sensational flavor with a fraction of the calories, using plant-based milk and almond and vanilla essences. If you're looking for a panna cotta recipe without gelatin, you'll be pleased to note that this tasty vegan version uses cornstarch to thicken it. A date-sweetened crust made with toasted rolled oats and walnuts forms a base for the creamy panna cotta layer. The jammy, orange-infused topping, which features cherries cooked with cherry preserves, comes together in minutes. Serve these primo panna cotta desserts chilled in parfait glasses or wine glasses. If you want to bring these treats to your next [picnic](#), use serving-size canning jars with lids. Prepare one per person, and bring them out for dessert: "Surprise!"

Tips

Gluten-free: This recipe is gluten-free if you use certified gluten-free rolled oats.

For more inspiration, check out these tasty ideas:

- [Orange Vegan Panna Cotta with Blackberries](#)
- [Date-Sweetened Chocolate Panna Cotta](#)
- [Chocolate Raspberry Parfaits](#)
- [Southern-Style Banana Pudding Parfaits](#)

By Nancy Macklin, RDN

- 1 Preheat oven to 350°F. Place oats and walnuts on a parchment-lined baking sheet. Bake 10 minutes or until lightly toasted and starting to crisp. Cool on a wire rack about 5 minutes. In a small food processor combine oats mixture, dates, and salt. Cover and pulse to fine crumbs. Transfer to a small bowl. Drizzle with 1 tablespoon water and toss with a fork until mixture starts to cling together. Spoon into six half-pint glass jars; press with back of spoon to pack lightly.
- 2 In a medium saucepan whisk together milk, cornstarch, maple syrup, and 1 tablespoon of the lemon juice. Bring to boiling over medium-high. Boil 1 minute or until thickened, stirring frequently. Remove from heat and stir in extracts. Let cool 5 minutes. Pour into jars.
- 3 In a medium saucepan combine cherries, cherry preserves, orange juice, and the remaining 1 tablespoon lemon juice. Heat just until bubbling around the edges. Carefully spoon cherry mixture over pudding layer. Refrigerate at least 2 hours or overnight.