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# Angel Parfait

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

**1 cup sugar**  
**1/2 cup water**  
**3 egg whites**  
**1 teaspoon gelatin**  
**2 tablespoons water**  
**1 pint fresh strawberries, mashed**  
**1/4 cup sugar**  
**juice of 1/2 lemon**  
**2 cups whipping cream, whipped**  
**1 teaspoon vanilla**

Boil the sugar and water until it spins a short thread. In a bowl, beat the egg whites until stiff. Pour the hot sugar syrup over the whites and continue beating it until the syrup is absorbed. Immediately add the gelatin which has been softened in water. Cool.

In a bowl, combine the sugar and lemon juice with the strawberries. Add the strawberries to the other mixture. Whip the cream with the vanilla and add to the strawberry mixture.

Freeze in individual bowls or parfait glasses.

(two cups of mashed fresh peaches can be substituted for the strawberries.)

Yield: 12 4-ounce servings

## **Dessert**

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*Per Serving (excluding unknown items): 2763 Calories; 177g Fat (56.3% calories from fat); 22g Protein; 287g Carbohydrate; 7g Dietary Fiber; 653mg Cholesterol; 356mg Sodium. Exchanges: 1 1/2 Lean Meat; 1 1/2 Fruit; 1 1/2 Non-Fat Milk; 35 Fat; 17 Other Carbohydrates.*