

Prestidigitation Parfait



Ingredients

250 g (~8oz) Cream cheese, softened
1/3 c + 2 tsp Brown Sugar
1 1/2 tsp Granulated Sugar
2 1/4 cups Heavy whipping cream
1/4 tsp Sea Salt
1/2 tsp Vanilla Extract
1/2 tsp each Ground Cinnamon, Nutmeg and Ginger

Prep Time 30 mins

Chill Time Optional

Makes 10 servings (3/4 cup each)

GLUTEN FREE!

****LOW SUGAR OPTIONS**

Flavor Table

Roll a D6 die to choose the flavor of your parfait. "Prepared" means these have been cooked through until soft and most liquid strained or reduced before mashing and cooled. **TIP:** Use canned, prepared ingredients or consider preparing these a day ahead of time. Err on the side of preparing extra if you are unsure if you have enough, a thicker layer of this is more than acceptable if you make too much. You don't want these to be soupy. It should be a reasonably thick pudding-like consistency.

1	22 oz	Prepared Sweet Potatoes	4	22 oz	Prepared Strawberries
2	22 oz	Prepared Pumpkin	5	22 oz	Prepared Peaches
3	22 oz	Prepared Apples (or unsweetened applesauce)	6	22 oz	Prepared Carrots

Additional Ingredient Table

Roll a D8 die to add up to a total of 4 additional ingredients to your parfait!

1	2 tbsp	Unsweetened, shredded coconut	5	1 tbsp	Caramel sauce or skor bits
2	2 tbsp	Ground or slivered almonds	6	2 tbsp	Pistachios (chopped)
3	2 tbsp	Ground pecans	7	1 tsp	Orange zest
4	1 tsp	rum flavouring or 1 tbsp spiced rum	8	2 tsp	Maple flavouring, or 2 tbsp maple syrup or maple liquor.

****Low Sugar Options:** This recipe has been tested replacing the brown sugar with 'Splenda Brown Sugar Blend', and replacing the granulated sugar with 'Stevia for Baking' (when using the sweet potatoes or pumpkin). For low sugar options do not use caramel sauce as an additional ingredient.

Preparation Instructions

Remember, trying any new ~~spell~~ recipe for the first time can be risky. Make sure you feel confident and prepared, then roll the dice and hope for the best. There are no mistakes, there are just glorious and fantastic opportunities for learning.

This is a layered dish! Use a clear glass trifle dish, individual serving bowls, or wine or parfait glasses. If using individual glassware, layering is easiest if you put the first, second and third layers into separate piping bags or ziploc bags with the tip cut off with about a 1/2" hole for easy layering. **You can do three thicker layers or six thinner layers. For six layers, simply follow the three layers below twice.**

First Layer - Flavoured "Cheesecake" Base

1. In a medium bowl, beat softened cream cheese until light and fluffy.
2. Add ½ c brown sugar and ½ tsp cinnamon.
3. If you rolled Orange zest as an additional ingredient add it here.
4. If you rolled maple as an additional ingredient add half of it here and the rest in the next step.
5. Add approx 11 oz (or half) of your prepared flavor ingredient and continue beating until thoroughly combined.
6. Put this first layer in the bottom of your chosen servingware.

Second Layer - Filling

1. To the remaining half of the prepared flavour ingredient, add the sea salt, ginger, nutmeg and ½ tsp cinnamon to taste, 2 tsp brown sugar, and if you rolled rum or maple as an additional ingredient add it here! Mix well.
2. Layer this on top of the first cheesecake base layer.

Third Layer - Whipped Topping

1. Beat together the heavy whipping cream, vanilla and 1.5 tsp granulated sugar until stiff peaks form.
2. Layer on top of the previous two layers.

Top Layer - Garnish

1. Top with your remaining rolled additional ingredients such as ground almonds, caramel sauce, and so forth.

Serving Instructions

Serve immediately or chill and then serve when ready. If chilling, consider reserving your topmost layer of garnish aside and then adding it immediately before serving for best effect.

Parfait Results

1. Assess the flavor of your parfait. Rank on a scale of 1-10.

RANK	ALIGNMENT	RECOMMENDATION	OUTCOME
1-3	Chaotic Evil	Consumption not recommended.	Use as an improvised weapon (+1) or to Poison an enemy! Parfait ingested by self results in -4 HP.
4-6	Chaotic Neutral	This is pretty okay! Eat at will.	This might work as a tool for bribery. Makes every creature within a 15 ft radius of the parfait (or of someone who ate it) smell cinnamon and feel warm and fuzzy inside for 1 hour.
7-10	Chaotic Good	Delicious! Gobble it up! Don't even share!	Eating this yourself grants 1d6 temporary HP. Sharing it gives you advantage on Charisma checks. The air within 10 ft of the parfait (or the eater of the parfait) becomes warmer for 1 hour.

This recipe or use of it or eating food baked using it is not guaranteed to result in any real effects or magic.