

Peach Fluff: A Light, Creamy, and Easy No-Bake Dessert

1 box (3.4 oz) instant vanilla pudding mix



TIME
10 min

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INGREDIENTS

- 1 box (3.4 oz) instant vanilla pudding mix
- 1 1/2 cups cold milk
- 1 (15 oz) can sliced peaches, drained and diced
- 1 (8 oz) tub whipped topping (like Cool Whip), thawed
- 1 cup mini marshmallows

Swaps and Notes:

pudding Mix: Instant vanilla pudding mix is the key to this recipe's quick preparation. You can use instant white chocolate or cheesecake pudding mix for a different flavor.

Milk: Whole milk works best for a rich, creamy pudding, but 2% milk will also work.

Peaches: Canned peaches are perfect for this recipe because they are always soft and sweet. Just be sure to drain them well. You can also use fresh, ripe peaches if you have them.

Whipped Topping: Cool Whip is ideal for this recipe as it holds its shape well and gives you that perfect fluffy texture.

Add-ins: You can add a little bit of chopped nuts, a sprinkle of cinnamon, or even some crushed cookies for a little extra texture and flavor.

Instructions:

Make the Pudding: In a large bowl, whisk together the instant vanilla pudding mix and the cold milk for about 2 minutes, until it starts to thicken.

Add the Peaches: Gently fold in the drained and diced peaches, mini marshmallows, and about half of the whipped topping.

Combine: Continue to gently fold everything together until the mixture is smooth and evenly combined. Be careful not to overmix, as you want to keep the mixture light and fluffy.

Chill: Transfer the mixture to a large serving bowl or individual cups. Cover and refrigerate for at least 2 hours, or until it is well chilled and set.

Serve: Serve with the remaining whipped topping on top and, if desired, a few extra peach slices for garnish.

Tips for Success:

Chill Everything: For the best results, make sure your milk is very cold and your whipped topping is well-chilled. This helps the pudding set properly.

Don't Overmix: When you fold in the whipped topping and marshmallows, mix gently with a spatula. You want to keep the air in the mixture to maintain that light, fluffy texture.

Let It Set: Giving the fluff a few hours in the fridge is a crucial step. This allows the flavors to meld and the pudding to set completely, creating a firm but airy dessert.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: Approximately 300

Protein: 5g

Fat: 12g

Carbohydrates: 45g

Storage and Leftover Tips:

More Recipes You Will Love:

Final Thoughts:

DIRECTIONS

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8. **Let : It Set:** Giving the fluff a few hours in the fridge is a crucial step. This allows the flavors to meld and the pudding to set completely, creating a firm but airy dessert.
9. **Serving Suggestions and Pairings:** This Peach Fluff is a perfect dessert on its own, but it pairs wonderfully with a few simple additions. You can serve it in a big bowl for a crowd, or in individual cups for a more

elegant presentation. Garnish with a few fresh berries or a sprinkle of toasted almonds for a pop of color and flavor. For another great crowd-pleasing dessert, you might also like my recipe for This Big Family Banana Pudding is My Favorite Classic Dessert to Feed a Crowd.

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12. Protein: 5g
13. Fat: 12g
14. Carbohydrates: 45g
15. This is a rich dessert, so it's best enjoyed as an occasional treat.
16. Storage and Leftover Tips: This dessert is perfect for making ahead! Store it in an airtight container in the refrigerator for up to 3 days. The marshmallows will soften over time, but the fluff will still be delicious. This dessert does not freeze well.
17. More Recipes You Will Love: If you're a fan of easy and delicious desserts, you'll love some of my other creations. For a classic that's always a hit, try my recipe for The Best Peanut Butter Brownies I've Ever Made and I've Made a Lot. For another easy and nostalgic treat, you can't go wrong with my recipe for These Old School No-Bake Cookies Never Fail Me and I've Made Them 100 Times. And for something a little different and fun, my This Unicorn Poke Cake Became My Favorite Party Trick is a showstopper!
18. Final Thoughts: This Peach Fluff is a recipe that is sure to become a staple in your dessert rotation. It's light, creamy, and incredibly easy to make. It's the perfect way to get a delicious dessert on the table without any of the fuss.
19. I'd love to know what your favorite summer fruits are! Let me know in the comments below. And don't forget to follow me for more delicious recipes. Happy chilling!

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