

The Ultimate No-Bake Biscoff Cookie Parfait Recipe

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15 min

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INGREDIENTS

2 cups (200g) Biscoff biscuits: These are the classic Lotus biscuits.

1/4 cup (60g) unsalted butter: Melted to bind the crumbs.

1/2 cup (125g) Biscoff spread: Use the "smooth" variety for the best texture.

1 cup (240ml) heavy cream: Make sure it is chilled!

2 tablespoons powdered sugar: For a touch of stability and sweetness.

1 teaspoon vanilla extract: To enhance the caramel notes.

1 cup (240ml) heavy cream: Cold.

2 tablespoons powdered sugar: To keep the peaks firm.

1/2 teaspoon vanilla extract: For that classic flavor.

Whole Biscoff cookies and extra crumbs.

Swaps and Notes:

The Spread: If you can't find Biscoff brand, any "Speculoos" spread will work.

The Cream: Do not use canned whipped cream for the layers; it will deflate too quickly. You need the stability of freshly whipped heavy cream.

Healthier Twist: You can swap the middle whipped cream layer for a thick Greek yogurt if you want a tangy contrast, though it will change the "mousse" feel.

Cookies: If you run out of Biscoff cookies, these Cake Mix Cookies or even Chocolate Chip Cookie Bites can be crushed up for a different flavor profile.

Step-by-Step Instructions:

1. Prepare the Cookie Base:
2. Whip Up the Mousse:
3. Make the Topping:
4. The Assembly:

Start with a generous spoonful of the buttery cookie crumbs. Press down slightly.

Pipe or spoon a thick layer of the Biscoff mousse.

Add a layer of the plain whipped cream.

Repeat the layers once more until the glass is full.

5. The Finishing Touches:

Tips for Success:

Chill Your Bowls: When whipping heavy cream, use a metal bowl that has been in the freezer for 10 minutes. It makes the cream whip faster and creates more volume.

Don't Over-Mix: When folding the Biscoff spread into the whipped cream, use a spatula and a gentle "under-and-over" motion so you don't deflate the air you just whipped in.

Let it Set: While you can eat these immediately, letting them sit in the fridge for 2 hours allows the flavors to meld and the cookie base to set slightly.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 480 kcal

Fat: 34g

Carbohydrates: 41g

Sugar: 26g

DIRECTIONS

1. **Prepare the Cookie Base:** Pulse your Biscoff biscuits in a food processor until they look like coarse sand. If you don't have a processor, put them in a zip-top bag and crush them with a rolling pin. In a small bowl, mix the crumbs with the melted butter until the mixture is well combined. Set this aside.
2. **Whip Up the Mousse:** In a large chilled bowl, whisk the heavy cream, powdered sugar, and vanilla until soft peaks form. Gently fold in the Biscoff spread. **Pro Tip:** If your spread is very firm, microwave it for 10 seconds just to soften it-don't make it hot! Fold until the mixture is uniform and light.
3. **Make the Topping:** In a separate bowl, whip the remaining heavy cream, sugar, and vanilla until stiff peaks form. This will be your final decorative layer.
4. **The Assembly:** Grab 4 to 6 small dessert glasses or mason jars.
5. Start with a generous spoonful of the buttery cookie crumbs. Press down slightly.
6. Pipe or spoon a thick layer of the : Biscoff mousse.
7. Add a layer of the plain whipped cream.
8. Repeat the layers once more until the glass is full.
9. **The Finishing Touches:** Top each parfait with a sprinkle of leftover crumbs and tuck a whole Biscoff cookie into the side at a jaunty angle.
10. **Tips for Success:** **Chill Your Bowls:** When whipping heavy cream, use a metal bowl that has been in the freezer for 10 minutes. It makes the cream whip faster and creates more volume.
11. **Don't : Over-Mix:** When folding the Biscoff spread into the whipped cream, use a spatula and a gentle

"under-and-over" motion so you don't deflate the air you just whipped in.

12. Let it : Set: While you can eat these immediately, letting them sit in the fridge for 2 hours allows the flavors to meld and the cookie base to set slightly.
13. Serving Suggestions and Pairings: These parfaits are quite rich, so they pair beautifully with a cup of strong black coffee or a cold glass of milk. If you are hosting a party, they look stunning on a dessert table alongside other easy-to-grab treats like Edible Cookie Dough.
14. For a summer gathering, these are a lighter alternative to a heavy Ice Cream Sandwich Cake, though both are guaranteed to disappear in minutes!
15. Nutritional Information (Per Serving): Calories: 480 kcal
16. Fat: 34g
17. Carbohydrates: 41g
18. Sugar: 26g
19. Protein: 3g
20. Storage and Leftover Tips: You can store these parfaits in the refrigerator for up to 3 days. Cover them with plastic wrap to prevent them from absorbing any fridge odors. Note that the cookie crumbs will soften the longer they sit, moving from a "crunch" to a "cake-like" texture-which is actually delicious in its own right!
21. Final Thoughts: This Biscoff Cookie Parfait is proof that you don't need a culinary degree to make a dessert that looks and tastes like a million bucks. It's simple, reliable, and absolutely addictive.
22. If you make this recipe, I'd love to hear how it turned out! Tag us on social media or leave a comment below. Don't forget to follow ChefManiac for more easy, crowd-pleasing recipes every week!

SWAPS & NOTES

For the Whipped Cream Topping: 1 cup (240ml) heavy cream: Cold. 2 tablespoons powdered sugar: To keep the peaks firm.
1/2 teaspoon vanilla extract: For that classic flavor.
Garnish: Whole Biscoff cookies and extra crumbs.

Swaps and Notes The Spread: If you can't find Biscoff brand, any "Speculoos" spread will work.

The Cream: Do not use canned whipped cream for the layers; it will deflate too quickly.

TIPS FOR SUCCESS

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