



FROZEN BERRY ICE CREAM

July 21, 2010

8 ounces frozen unsweetened strawberries, partially thawed
8 ounces frozen unsweetened peaches, partially thawed
4 ounces frozen unsweetened blueberries, partially thawed
6 packets sugar substitute*
2 teaspoons vanilla
2 cups sugar-free, low-fat vanilla ice cream
16 blueberries (optional)
4 small strawberries, halved (optional)
9 peach slices (optional)

**This recipe was tested using sucralose-based sugar substitute.*

1. Combine strawberries, peaches, blueberries, sugar substitute and vanilla in food processor. Process until coarsely chopped.
2. Add ice cream; process until well blended.
3. Serve immediately for semi-soft texture or freeze until ready to serve. (If frozen, let stand 10 minutes to soften slightly.) top with fruit, if desired.

Makes 8 servings
(½ cup per serving)

NUTRITION INFORMATION

CALORIES 69, Total Fat <1g, Saturated Fat <1g, Protein 3g, Carbohydrate 15g, Cholesterol 0mg, Dietary Fiber 1g, Sodium 23mg

Dietary Exchanges:

1 Starch

CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “healthy choice the easy choice.”



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