

FRUIT DESSERTS

ICE CREAM WITH BLUEBERRIES AND GRAND MARNIER

Sodium Per Serving – 52mg

Serves 4

This is a simple, yet elegant dessert and the added Grand Marnier is exquisite. For a beautiful presentation, place in a tall parfait or wine glass. If you want to jazz it up even more, add a little chocolate sauce or toasted pecans before serving.

1 cup fresh blueberries¹
**¼ cup Grand Marnier or other
orange-flavored liqueur**

**4 scoops nonfat or lowfat vanilla
ice cream or frozen yogurt**

- ▶ Soak blueberries in Grand Marnier for 15 minutes or more.
- ▶ Place a scoop of ice cream in a glass goblet, top with one-fourth of the blueberries and Grand Marnier mixture. Serve with **SHORTBREAD COOKIES** (page 264), if desired.

NUTRITIONAL INFO PER SERVING: Calories 159, Fat 0g (Saturated Fat 0g), Cholesterol 0mg, Carbohydrates 27g (Fiber 1g, Sugar 11g), Sodium 52mg

STRAWBERRY AND AMARETTO PARFAIT

Sodium Per Serving – 61mg

Serves 4

If you love strawberries and chocolate, you're going to enjoy this quick and delicious dessert.

**4 scoops nonfat or lowfat vanilla
ice cream or frozen yogurt**

**4–8 tablespoons low-salt
chocolate sauce³**

**1 cup strawberries, hulled and
sliced**

Whipped cream (optional)

**4 tablespoons Amaretto or other
almond-flavored liqueur²**

- ▶ Place a scoop of ice cream in a glass goblet; top with ¼ cup strawberries, 1 tablespoon Amaretto, and 1–2 tablespoons chocolate sauce. Top with whipped topping and serve.

NUTRITIONAL INFO PER SERVING: Calories 162, Fat 0g (Saturated Fat 0g), Cholesterol 0mg, Carbohydrates 28g (Fiber 1g, Sugar 12g), Sodium 61mg

COMMENTS:

1 Sliced strawberries or pears are also nice with Grand Marnier.

2 Amaretto also goes well with raspberries, blueberries, or sliced peaches.

3 Most chocolate sauce has added sodium (65mg per tablespoon) and fat. Two low-salt brands are Steel's (16mg) and Wax Orchards (40mg, and is also fat free). See RE-SOURCES, page 272 for more info.

TOTAL SODIUM AND FAT PER INGREDIENT

Ice Cream with Berries:

Sodium:

- 1 c blueberries - 1mg
- ¼ c Grand Marnier - 6mg
- 4 scoops NF ice cream - 200mg
or LF ice cream - 50mg

Strawberry/Amaretto Parfait:

Sodium:

- 4 scoops NF ice cream - 200mg
or LF ice cream - 4mg (2mg)
- 1 c strawberries - 2mg
- 4 T Amaretto - 6mg
- ½ c LS chocolate sauce - 35mg