

# BERRY FOOL



## INGREDIENTS

1/2 CUP STRAWBERRIES  
1/2 CUP BLACKBERRIES  
2 TABLESPOONS SUGAR  
1/2 CUP SOUR CREAM  
1/2 CUP HEAVY CREAM



## TEMP, TIME & SERVINGS

CHILL IN FRIDGE 1 HOUR  
4 - 6 SERVINGS

## HERE'S HOW

- 1 PUREE BERRIES IN FOOD PROCESSOR
- 2 COMBINE BERRY PUREE WITH SUGAR
- 3 STIR IN SOUR CREAM
- 4 WHIP CREAM TO STIFF PEAKS
- 5 FOLD CREAM INTO BERRY MIXTURE
- 6 CHILL UNTIL THICKENED, AT LEAST AN HOUR

NOTE: ANY COMBINATION OF BERRIES WILL WORK ADJUST AMOUNT OF SUGAR FOR EXTRA TART OR EXTRA SWEET BERRIES.

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MUSINGS ON FOOD AND COOKING  
FROM A VERMONT KITCHEN