



Creamy Berry Fruit Fool

Swirled fresh strawberry whipped cream dessert is so easy to make

- 1-1/2 cups sliced strawberries
- 1 Tablespoon granulated sugar
- 1 cup dairy free heavy whipping cream alternative
- 2 Tablespoons confectioners' sugar, sifted
- 1 teaspoon vanilla
- 1/8 to 1/4 cup unflavored Greek yogurt
- Additional fruit such as blackberries or mixed berries
- Cookies (optional)

1. In a large bowl, combine the fruit and 1 Tablespoon sugar to taste. Let stand for 10 minutes.
2. With a masher or mini food processor, mash or puree 1 cup sugared fruit. Stir pureed fruit back into the remaining strawberries in the bowl. Cover; chill about 3 hours or until cold.
3. Whipping the cream: In a chilled mixing bowl, combine alternative whipping cream, sifted confectioners' sugar, and the vanilla. Using chilled beaters, beat with an electric mixer on medium speed until peaks form. Do not overbeat. Fold in yogurt, keeping a thick consistency.
4. With a rubber spatula, gently fold in the thicker portion of chilled fruit mixture, watching how much strawberry juice you add into the whipped cream if you want ribbons of fruit to form. If you add the juice, it will still be delicious, but the strawberries will flavor the entire dessert and not form those strawberry swirls.
5. To serve, divide swirled fool among four small glasses or two large dessert servings. Garnish with blackberries; serve with cookies. Yield: 4 smaller servings

Cook's Note:

- I used a dairy free alternative whipping cream and added some healthy yogurt. Add the desired amount of yogurt according to your taste.
- If making only 2 large desserts, fill glass halfway with swirled fool; place several berries over; continue filling the glass; garnish the top with berries. Chill in the refrigerator until serving or overnight. The flavors blend during that time. The cookies we purchased were reduced sugar wafers that I dusted lightly with cocoa.

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About the Recipe: Traditionally, Fruit Fool, a classic British dessert, is usually made folding stewed fruit into custard. In place of that, we used an alternative whipped cream with sweet fruit strawberries, but it can be prepared using different kinds of fruit. The recipe balances the sweet and tart flavors, creating a rich yet light, refreshing dessert.