



SUMMER BERRY SEMIFREDDO

INGREDIENTS

PREPARATION: 30 MINUTES

FREEZING: 4 HOURS

8 SERVINGS

1 cup fresh strawberries

1 cup fresh blackberries

2 tablespoons water

1/4 cup white sugar*

1/4 cup pasteurized egg whites

1/4 cup white sugar

1 tablespoon lemon juice

1 teaspoon vanilla

1 cup Cool Whip®

**To lower the carbohydrate content you can use a sugar substitute such as Splenda®.*

Nutrient Analysis

PER SERVING

1/8 of recipe

Renal exchange: 1 Fruit
If you are diabetic, it counts as 1 carb choice.

Calories	104Kcal
Protein	1g
Carbohydrates	19g
Fibre	1.5g
Total Fat	3g
Saturated Fat	2g
Cholesterol	0mg
Sodium	18mg
Potassium	76mg
Phosphorus	11mg

PREPARATION

- 1 Combine the berries and water with the sugar in a saucepan and bring to a boil. Simmer until the berries soften (5-10 minutes).
- 2 Allow berry mixture to cool and blend thoroughly. Pass berries through a fine strainer to remove the seeds.
- 3 In a separate bowl, whip egg whites until frothy. Slowly add the sugar and whisk until soft peaks form.
- 4 Add lemon juice and vanilla to the berry mixture. Fold in the Cool Whip® and beaten egg whites with a spoon.
- 5 Transfer into dessert dishes of your choice. Cover with plastic wrap and freeze for at least 4 hours.
- 6 Garnish with fresh berries and serve.

Tips

Try this recipe with other types of fresh berries!

Notes: You can also freeze the semifreddo in one single container, e.g. a square pan or a muffin pan.

To make removal easy after freezing, line the pan or muffin compartments with plastic wrap before adding the semifreddo mixture. Always cover with plastic wrap before freezing.

This dessert can be made a day or two ahead of serving.