

Raspberry “Ice Cream”



Plan Z Phase: This is a Z2 (ZReduction) recipe. Dieter Margaret offered up a GREAT Idea the other day. I had given her the berries and sweet cream idea. She took it one step further and accidentally made “Ice cream” I scream. You scream. We all scream for ice cream – and we are on a diet! BONUS!

Servings: Serves 2

Ingredients:

- 1 – 2 cups of frozen raspberries
- 2 – 3 Tbl of heavy cream
- $\frac{1}{2}$ tsp of Truvia
- a teeny drizzle of organic vanilla

Instructions:

In a small container, put in your cream, Truvia and vanilla. Stir and let the flavors meld for a few minutes. Secret Told: I do this when I am starting dish clean up and it’s ready when I am finished filling the dishwasher.

Put your raspberries in a small bowl while frozen. Immediately drizzle on half of the cream mixture per bowl. Stir into the

berries and eat slowly so you savor it.

Close your eyes and you just might think you are eating a rich, raspberry-filled ice cream. HUGE YUM!

Note: I put the portion at 1 – 2 cups because I find I am fully satisfied with just $\frac{1}{2}$ cup of raspberries and my cream on top. This gives me a creamier texture.

Just factor in too, that this takes away from some of your cream allotment for the day.

Second Note: I also tried this with frozen strawberry bits. They worked well but not quite as well as raspberries. I love cantaloupe and ice cream. I bet if you freeze diced cantaloupe this will be amazing. My guess is blackberries would be a bit big and maybe too frozen but they are worth a try.

Enjoy!

Cheers,