

Ice Cream with Blueberries and Grand Marnier

Sodium Per Serving – 52mg

Serves 4



1 cup fresh blueberries*

1/4 cup Grand Marnier or other orange-flavored liqueur

4 scoops nonfat or lowfat vanilla ice cream or frozen yogurt

1. Soak blueberries in Grand Marnier for 15 minutes or more.
2. 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

***Recipe Notes**

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