

Berries and Cream

Ingredients:

- 2 cups of strawberries, sliced
- 2 cups of blackberries
- 1 cup of raspberries
- 3/4 cup. blueberries
- 8 medium mint leaves, shredded
- 14 ounces coconut cream
- 1 tablespoon honey
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

Directions:

1. Place a can of coconut cream into the refrigerator for 5 hours.
2. Place all berries into a bowl and top with shredded mint leaves. Scoop out the cream that is on the top of the coconut cream can and put it into a bowl. Keep the thick cream that has risen to the top of the can and leave the watery substance in the can.
3. Put the honey, maple syrup, and vanilla into the coconut cream and mix with a handheld mixer.
4. Place the coconut cream mixture into the freezer for 15 minutes.
5. Remove the cream from the freezer and mix with handheld mixer again.
6. Pour the whipped coconut cream on top of berries and mix well. Serve.

Nutrition Facts	
Serving Size (126g)	
Servings Per Container 8	
Amount Per Serving	
Calories 70	Calories from Fat 10
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% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	16%
Sugars 9g	
Protein 1g	
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Vitamin A 2%	• Vitamin C 80%
Calcium 2%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

For more information, please contact:

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Source: Bon Appetite

