

Very Berry Ice Cream

Ingredients:

3 cups of berries (fresh or frozen)
4 TBSP pasteurized egg whites
 $\frac{1}{4}$ cup white sugar or equivalent of Splenda®
1 Liter tub Light or Regular Cool Whip®, thawed
Sliced berries for garnish

Preparation:

1. Mash or pureé 3 cups of berries and freeze to a mush (approx 1 hour), whisk to fluff.
2. Beat egg whites and sugar until soft peaks form.
3. With a spatula, fold egg whites into berry mixture, add Cool Whip®, and mix thoroughly.
4. Place mixture into a 2 liter plastic container with a cover, and freeze for at least 2 hours.
5. Serve $\frac{1}{2}$ cup very berry ice cream with sliced berries for garnish
6. The ice cream can be kept sealed for up to 1 month in the freezer.

Makes: approximately 12 servings
1 low potassium choice, 1 low phosphorus choice

