

# Simple Summer Dessert



## **Skinny Berry and Cream Float**

*Serves: 1 | Serving Size: 1 cup*

### *Ingredients:*

1/4 cup strawberry ice cream  
1/4 cup quartered strawberries  
1/4 cup raspberries  
1/2 cup soda water

### *Directions:*

Place the berries in a glass.

Add the ice cream.

Pour the soda water into the glass and serve immediately.

### *Nutrition Information:*

Serves 1. Each serving contains 61 calories, 2 g fat, 1 g saturated fat, 0 g trans fat, 5 mg cholesterol, 12 mg sodium, 11 g carbohydrate, 3 g dietary fiber, 3 g sugar, and 1 g protein.

Each serving also has 1% DV vitamin A, 56% DV vitamin C, 5% DV calcium, and 0% DV iron.

### *Chef's Tips:*

This recipe scales easily.

Go for the best ice cream since each float uses just a quarter cup per person.

Berries add nutrients and fiber to this tasty dessert.

Feel free to adjust the ice cream flavor and berries to match what you have on hand. A blackberry and vanilla float is a tasty twist on this versatile summer drink.

**BROUGHT TO YOU BY:**