

Frozen Blackberry Mousse

Source: Better Homes and Gardens

Prep: 15 minutes Freeze: 4 hours

INGREDIENTS:

2 C fresh blackberries or 1/2 of a 16-oz package frozen blackberries

1 C whipping cream

1/2 C sugar

1/2 tsp vanilla

Chocolate or White Filigree Leaves (optional - see recipe below)

Fresh red raspberries or blackberries (optional)

DIRECTIONS:

1. Thaw berries, if frozen.
2. Line 8 2-1/2" muffin pan cups with foil or paper bake cups. Place blackberries in bowl - crush the berries slightly. Set aside.
3. In large mixing bowl combine whipping cream, sugar and vanilla. Beat with an electric mixer on medium to high speed just till soft peaks form. Fold in crushed berries. Spoon into lined muffin cups. Freeze till firm.
4. To serve, remove bake cups. Place on dessert plates. If desired, garnish with Chocolate or White Filigree Leaves & raspberries or blackberries.

Makes 8 servings.

Chocolate or White Filigree Leaves: Line large baking sheet with waxed paper; set aside. In heavy small saucepan melt 2 oz *chocolate- or vanilla-flavored candy coating* over low heat. Using small spoon, drizzle candy coating mixture onto waxed-paper-lined baking sheet in lacy leaf shapes. Let stand until set.

Make-Ahead Tip: Prepare and freeze mousses as directed. Freeze for up to 1 month. Prepare Chocolate or White Filigree Leaves up to 12 hours ahead. Let stand at room temperature.

[Nutritional facts per serving: calories: 171, total fat: 11g, saturated fat: 7g, cholesterol: 41mg, sodium: 11mg, carbohydrate: 18g, fiber: 2g, protein: 1g, vitamin A: 13%, vitamin C: 12%, calcium: 2%, iron: 1%]