

Strawberries Romanoff

Serving Size: 1 cup

Serves: 8

Ingredients:

2 pints ripe strawberries

¼ cup Grand Marnier

1 pint vanilla bean ice cream, sugar free, fat free

1 cup sugar free, fat free, non dairy whipped topping

Directions:

1. Wash, hull and dry the berries. Cut them in half.
2. Add the Grand Marnier to the strawberries.
3. In a mixing bowl, combine the ice cream and the strawberry/Grand Marnier mix.
4. Gently fold in the whipped topping.
5. Serve in decorative parfait cups.

Exchanges per serving:

1.5 Fruits or 1.5 Carbohydrate choices

Nutrients per serving:

Calories: 122

Calories from fat: 2

Total Fat: 0g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 61mg

Carbohydrate: 24g

Dietary Fiber: 2g

Sugars: 10g

Protein: 3g