



Berry Cup with Mint Cream

the ingredients

- 1/4 cup water
- 3 tsp sugar
- 1 pkg fresh mint, chopped fine
- 1 1/2 pint heavy cream
- Berries
- Angel food cake

the nutrition

1 serving

KCAL: 163

FIBER: 3 g

SATURATED FAT: 3.5-5 g (depending on how much cream is used)

PROTEIN: 2 g

ADDED SUGAR: 17 g

the method

- **MAKE AHEAD:** In a small saute pan, bring water, sugar and mint to a boil. Reduce heat to low and simmer until sugar is dissolved. Put in jar and cool for 1 hour.
- In a stand mixer or in a bowl with a hand mixer, mix heavy cream until it forms stiff peaks.
- Take cool mint syrup and fold into cream.
- Place piece of angel food cake at bottom of bowl, layer some mint cream, then berries, then top with mint cream and fresh mint pieces as desired. Serve.