

Mixed Berry Fool

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/christmas-butter-cookies-icing-recipe>

Ingredients:

- 1 cup blueberries
- 2 tablespoons sugar or to taste
- 2 tablespoons water
- 1 tablespoon fresh lemon juice
- 1 pinch lemon zest
- 1 cup strawberries roughly chopped
- 2 tablespoons sugar or to taste
- 2 tablespoons water
- 1 tablespoon fresh lemon juice
- 1 pinch lemon zest
- 3 cups heavy whipping cream cold
- 1/4 cup powdered sugar or to taste
- 2 teaspoons vanilla bean paste or pure vanilla extract
- butter cookies optional
- berries optional

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 27 grams
3. Cholesterol: 165 milligrams
4. Fat: 44 grams
5. Fiber: 3 grams
6. Protein: 3 grams
7. SaturatedFat: 27 grams
8. Sodium: 45 milligrams
9. Sugar: 19 grams

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