

SIMPLE SUNDAES

I don't know about you, but I have a boatload of people coming over for the holiday and I'm running out of time to get things ready. Here's a really simple idea for dessert that celebrates the day and gives you time to actually enjoy it.

INGREDIENTS (Serves 6)

2 pints vanilla ice cream

1 pint fresh blueberries, rinsed and stems removed

1 pint fresh strawberries, rinsed and stems removed then sliced

1 cup heavy cream

$\frac{1}{2}$ teaspoon vanilla

1 tablespoon confectioners sugar

1 teaspoon Cointreau

8 glass parfait cups or 8 highball glasses

PREPARATION

In a large bowl, add the heavy cream, vanilla, sugar and Cointreau. Using a hand mixer on high speed, whip the ingredients together until there are stiff peaks—about 3-4 minutes. If not ready to use immediately, cover and refrigerate for up to 12 hours.

Place two scoops of ice cream into each parfait cup or glass. Add a handful of blueberries and strawberries on top of each. Spoon a dollop or two of the whipped cream on top.

Feel free to add chopped nuts, chocolate shavings, coconut flakes, your favorite chocolate sauce or a raspberry coulis on

top—or add them all. Now sit back and enjoy the fireworks!