Mixed Berry Meringue Parfaits

Author: Adapted from a recipe by Phyllis Carey, cookbook author



16 ounces berries, mixed, Trade Joe's
5 tablespoons sugar
3 tablespoons Grand Marnier
6 whole meringue cookies, crumbled, Trader Joe's
1 cup heavy cream, whipped
1/2 teaspoon vanilla
4 scoops vanilla ice cream (use small scoops)

Per Serving (excluding unknown items): 548 Calories; 31g Fat (52.1% calories from fat); 5g Protein; 60g Carbohydrate; 2g Dietary Fiber; 111mg Cholesterol; 88mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 6 Fat; 2 Other Carbohydrates.

Carolyn T's Tasting Spoons blog: http://tastingspoons.com

Description: Very easy - so easy you won't believe it

Preparation Time: 10 minutes

Notes: This is the kind of dessert you can almost always have on hand - if you have whipping cream, frozen berries in the freezer, and the meringue cookies on the shelf. It's very easy to assemble, although you must do it at the last minute. If you're serving a crowd, ask somebody else to help you do it. The berries may not need additional sugar - use your own discretion. You can also serve it without the ice cream, but I like the mixture of berries, cream and cold, with the crunchy from the cookies. I think the calorie count on this is way too high - probably because the program can't determine the sizes very well - like scoops of ice cream.

1. If desired, a few hours before your dinner, toss the frozen or fresh berries with sugar and Grand Marnier. Allow the berries to thaw at room temperature for about 30 minutes, then refrigerate.
2. Crumble the meringue cookies and put in a plastic bag, so they won't absorb any moisture, until you're ready to serve.
3. Whip the cream, adding the additional 2 T. of sugar and vanilla.
4. In tall parfait glasses layer the berries, one scoop of vanilla ice cream, meringue cookie crumbs and whipped cream in 2-3 layers, depending on the height of the glasses. Sprinkle the remaining meringue cookie crumbs on top with any additional fruit.