

Raspberry Strawberry Bavarian

Carolyn Kavanaugh

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

*6 ounces gelatin
2 cups boiling water
1 cup sour cream
1 pint strawberry ice cream
(or frozen yogurt)
1 tablespoon lemon juice
30 ounces frozen
strawberries and
raspberries
whipped cream (for garnish)
whole strawberries and
raspberries (for garnish)*

Dissolve the gelatin in boiling water. Add the sour cream and whisk until smooth.

Cut the ice cream into small pieces. Stir into the gelatin until melted and smooth. Add the lemon juice and frozen fruit. Use a fork to break up the fruit.

Pour the mixture into eight or nine large glasses.

Refrigerate for at least three hours.

To serve: Garnish with whipped cream and fruit on top.

Per Serving (excluding unknown items): 597 Calories; 48g Fat (71.0% calories from fat); 9g Protein; 35g Carbohydrate; trace Dietary Fiber; 102mg Cholesterol; 208mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 9 1/2 Fat; 1 1/2 Other Carbohydrates.