

Betsy Ross Berry Toss

This recipe is so easy even a young child can help put it together. It's not a new recipe, but one that is refreshing, tasty, and full of good fruity nutrition. This would make a great snack after school. It would also make a great BBQ dessert. Light and fresh.

Makes one serving

Only Three Ingredients:

1/4-cup blueberries
1/4-cup strawberries
Cool Whip or Whipped Cream

Try banana or vanilla yogurt in place of Cool Whip or maybe add a small amount of crumbled graham cracker for some added crunch.



Directions:

Use a small clear cup. Wash and dry fruit. With the help of an adult, cut strawberries into bite size pieces. Put a small amount of whipped cream on bottom of cup to make a nice little pillow for the fruit. Toss in half of the blueberries. Add whipped cream then 1/2 of strawberries. Add a little more whipped cream and then top off with the remaining fruit.