



Betty Bats Berries and Cream

Berries and cream makes an easy delicious snack for kids and adults. It only takes a minute to prepare so it is perfect for busy schedules.

Ingredients:

One serving

1/4-cup frozen mixed berries (blueberries and raspberries are my favorite)

1/8-cup heavy cream

(Optional) Sprinkle of sugar if needed

Directions:

Put frozen berries into a bowl. Pour heavy cream over berries. The cold berries slightly freeze the cream making it like frozen berry ice. This is very Yummy and healthy.