

Blueberry-Cheesecake Ice Cream Pie

Marian Cooper Cairns
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Servings: 8

CRUST

1 package (10 ounce) shortbread cookies (such as Lorna Doone)

1/3 cup butter, melted

FILLING

1/2 cup blueberry preserves (such as Smuckers), divided

1 quart Blueberry-Cheesecake Ice Cream (see recipe Desserts/ Ice Cream)

TOPPING

sweetened whipping cream

fresh blueberries

fresh blackberries

lemon twists

For the crust: Process the cookies in a food processor until finely ground. Stir together the shortbread crumbs and the butter. Press the mixture on the bottom and up the sides of a lightly greased nine-inch pie plate. Freeze for 30 minutes or until set.

For the filling: Spread 1/4 cup of the blueberry preserves on the bottom of the crust. Freeze for 10 minutes.

Spread half of the Blueberry-Cheesecake Ice Cream over the preserves. Freeze for 15 minutes.

Repeat the layers once with 1/4 cup of the preserves and the remaining ice cream. Freezing as directed above after each layer.

For the topping: Top with sweetened whipped cream, fresh blueberries, fresh blackberries and lemon twists.

Simply pick a cookie crust, add a homemade (or store-bought) ice cream and top with sweetened whipped cream and summer fruit or sundae toppings. Just be sure to freeze the pie after adding each layer to ensure easy assembly and a layered look.

No ice cream maker? No problem. Simply substitute one quart of store-bought ice cream (two cups for each layer) in the pie. Try any flavor, ice cream, gelato or yogurt.

Per Serving (excluding unknown items): 67 Calories; 8g Fat (99.5% calories from fat); trace Protein; trace Carbohydrate; 0g Dietary Fiber; 20mg Cholesterol; 77mg Sodium. Exchanges: 1 1/2 Fat.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	67	Vitamin B6 (mg):	0mg
% Calories from Fat:	99.5%	Vitamin B12 (mcg):	trace

% Calories from Carbohydrates: 0.0%
% Calories from Protein: 0.5%
Total Fat (g): 8g
Saturated Fat (g): 5g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 20mg
Carbohydrate (g): trace
Dietary Fiber (g): 0g
Protein (g): trace
Sodium (mg): 77mg
Potassium (mg): 2mg
Calcium (mg): 2mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 0mg
Vitamin A (i.u.): 286IU
Vitamin A (r.e.): 71RE

Thiamin B1 (mg): 0mg
Riboflavin B2 (mg): trace
Folacin (mcg): trace
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refined: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 67 **Calories from Fat:** 67

% Daily Values*

Total Fat	8g	12%
	Saturated Fat 5g	24%
Cholesterol	20mg	7%
Sodium	77mg	3%
Total Carbohydrates	trace	0%
	Dietary Fiber 0g	0%
Protein	trace	

Vitamin A	6%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.