

**Dessert**

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# **Lemon Blueberry Semifreddo**

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**Servings: 10**

**Preparation Time: 10 minutes**

**Freezing Time: 4 hours**

**1 pint lemon ice cream**

**nonstick cooking spray**

**1 cup whipping cream**

**1 tablespoon honey**

**2 drops yellow food coloring (optional)**

**1 cup fresh blueberries**

**14 lemon or shortbread cookies, coarsely crushed**

To soften the ice cream, let stand at room temperature for 10 minutes.

Lightly coat a 9x5x3-inch loaf pan with cooking spray. Line the pan with plastic wrap. Set aside.

In a large chilled mixing bowl, beat the whipping cream and honey with an electric mixer on medium until soft peaks form.

Beat in the ice cream.

Beat the ice cream mixture into whipped cream.

Beat in the food coloring, if desired.

Fold in the berries and 2/3 cup of the crushed cookies.

Transfer the ice cream mixture to a pan. Tap pan gently on the counter to release any air bubbles.

Sprinkle with the remaining crushed cookies. Gently press the crumbs to adhere. Cover with plastic wrap.

Freeze for at least 4 hours or until firm.

Use plastic wrap to lift the loaf from the pan. Invert onto a serving platter.

Let stand for 15 minutes before serving.

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Per Serving (excluding unknown items): 97 Calories; 9g Fat (79.8% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 33mg Cholesterol; 10mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.