

**Dessert**

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# Strawberry Fool

Publix Grape Magazine

**Servings: 4**

**Start to Finish Time: 20 minutes**

*two cups of blueberries may be substituted for the three cups of strawberries.*

**1/2 cup whipping cream**

**1/3 cup powdered sugar**

**1/2 teaspoon vanilla**

**1 carton (6 oz) lemon yogurt**

**3 cups fresh strawberries , sliced**

**1/2 cup (5 cookies) coarsely crumbled shortbread cookies**

in a chilled mixing bowl, beat the whipping cream, powdered sugar and vanilla with chilled beaters of an electric mixer on medium speed until soft peaks form.

By hand, fold in the yogurt and half of the berries.

Spoon some of the whipped cream mixture into the bottom of four glasses.

Top each with some of the remaining berries, the rest of the whipped cream mixture and the rest of the berries.

Serve immediately or cover and chill up to 2 hours.

Before serving, sprinkle with the crumbled cookies.

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Per Serving (excluding unknown items): 195 Calories; 13g Fat (60.6% calories from fat); 2g Protein; 17g Carbohydrate; 0g Dietary Fiber; 50mg Cholesterol; 39mg Sodium. Exchanges: 1/2 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.