
Blackberry-Grape Sundaes

Food Network Kitchen

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3/4 cup blackberries

3/4 cup seedless red grapes

1/3 cup sugar

2 teaspoons water

vanilla ice cream

In a saucepan over medium heat, cook the blackberries, grapes, sugar and water until juicy, about 10 minutes.

Remove the fruit with a slotted spoon. Simmer the liquid until syrupy, about 2 more minutes.

Let cool slightly. Stir the fruit back into the syrup.

Serve by spooning over vanilla ice cream.

Dessert

Per Serving (excluding unknown items): 312 Calories; trace Fat (1.2% calories from fat); 1g Protein; 80g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 1 Fruit; 4 1/2 Other Carbohydrates.