

Coffee Nut Tortoni

Unitarian Universalist Fellowship of Vero Beach, FL 2000

Servings: 8

*1 cup heavy cream
1/4 cup sugar
1 tablespoon instant coffee
1 teaspoon vanilla
1 egg white
1/4 cup toasted almonds,
finely chopped
1/4 cup toasted coconut
3 drops almond extract*

In a bowl, whip the cream. Fold in 1/4 cup of sugar, coffee, vanilla and almond extract.

In a bowl, beat the egg white until soft peaks form. Gradually add two tablespoons of sugar. Beat stiff.

In a bowl, mix the nuts and coconut. Fold the egg white and one-half the the nut mixture into the whipped cream.

Spoon into eight souffle cups or muffin cups. Set in a pan.

Sprinkle with the remaining nut mixture.

Freeze until firm.

A Cordon Bleu recipe.

Per Serving (excluding unknown items): 171 Calories; 14g Fat (73.7% calories from fat); 2g Protein; 9g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 20mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 3 Fat; 1/2 Other Carbohydrates.