

a healthy body, a healthy earth

Summer Berry Layered Parfait with Grand Marnier

2 pints	Fresh blueberries
2 pints	Fresh raspberries
4 pints	Fresh strawberries, trimmed and halved
2	Angel food cakes, cut into 2-inch cubes
2 qts	Low fat plain yogurt
4 oz.	Honey
4 oz.	Shaved white and dark chocolate (optional)
3	Fresh mint leaves (garnish)
1	Sugar-free whipped topping (in a pastry bag)

Gently rinse berries over cold water and let dry on paper towels for 10 minutes. Next, spread out angel food cake cubes in a single layer on baking sheet. Sprinkle Grand Marnier over cake cubes; turn cubes over and sprinkle the other side. Let rest for 10 minutes. Place yogurt in chilled bowl and add honey and mix until well incorporated with a plastic spatula. Or you may whip the mixture instead. Set to the side. Using a medium-size trifle or round fruit bowl, start first layer with strawberries, cake, yogurt, blueberries, cake, yogurt, raspberries, cake and yogurt. Repeat until the bowl is three-quarters full. Top with sugar-free whipped topping. Garnish with mint leaves and shaved white and dark chocolate or fresh berries.