

Lemon Chiffon with Fresh Berries

This simple recipe is a deliciously sweet tart dessert that is light and low in calorie. It is perfect for a party or as a stay-at-home dessert that will melt in your mouth.

Yields: 6 servings

Serving Size: ½ cup

Ingredients:

- 1/3 cup **fresh lemon juice**, strained of seeds, about 2 large lemons
- ½ cup **sugar**
- 4 **large eggs**
- 3 cups of **fresh berries**, such as strawberries, blueberries, and blackberries

Instructions:

1. Place lemon juice and sugar in saucepan. Heat and stir until sugar dissolves. Remove from heat.
2. Crack eggs into a bowl and whisk well. Slowly pour the lemon sugar mix into the eggs while whisking. Whisk for 1 minute, then return the egg mixture to the saucepan. Whisk and cook on low to medium heat for several minutes until the egg mixture thickens (the more you whisk, the lighter the mixture will be). This will take 2-3 minutes depending on your equipment. The mixture is ready to be removed from heat when it coats the back of a spoon. Refrigerate for one hour or more; it will thicken as it cools.
3. Place some of the lemon chiffon in a dessert glass or bowl and spoon berries over or layer lemon cream and berries. Top with berries.

Per Serving: Calories 90 kcal, Carbohydrates 11 g, Protein 5 g, Saturated Fat 1.1 g, Sodium 50 mg, Fiber 2 g, Sugars 7 g

This recipe was adapted from Barbara Seelig-Brown.