



GRILLED POUND CAKE

with *Berries*

INGREDIENTS

- 1 cup sliced fresh strawberries
- 1 cup fresh raspberries
- 1 cup fresh blueberries]
- 5 Tbsp sugar, divided
- 1 Tbsp fresh mint (optional)
- 1 cup whipping cream
- 1 Tbsp lemon juice
- 3 Tbsp softened butter
- 6 slices pound cake (about 1 inch thick)

Makes 6 servings

NUTRIENT ANALYSIS PER SERVING

1 piece: 377 calories, 27g fat, (16 grams saturated fat), 136mg cholesterol, 193mg sodium, 34g carbohydrate, and 3g protein.

To reduce fat intake, can eliminate whipping cream and only use the fresh fruit on the pound cake

INSTRUCTIONS

1. In a large bowl, combine all of the berries with 2 tablespoons of sugar and mint if desired. Set aside.
2. In a small bowl, beat cream until it begins to thicken. Beat in remaining sugar. Add lemon juice. Beat until soft peaks form. Cover and refrigerate until ready to serve.
3. Spread butter over both sides of cake slices. Grill uncovered over direct medium heat for 1-2 minutes on each side until light golden brown. Serve with berry mix and whipped cream if desired.