



LEMON GELATO

with Zesty Blueberry Sauce

SERVES 4

This elegant dessert is a breeze to assemble. Additional maple syrup can be added for those who like a very sweet sauce—but you may find the zing strikes just the right note.

6 Tbsp (90 mL) toasted coconut (large unsweetened flakes)

1 cup (250 mL) frozen blueberries

1/4 cup (60 mL) blueberry vinegar

2 Tbsp (30 mL) maple syrup

2 cups (500 mL) lemon gelato

To toast coconut: Place flakes in small skillet and cook over medium heat, stirring frequently, until coconut is mostly golden brown. Remove from heat and set aside in small bowl.

To make sauce: Place frozen blueberries and blueberry vinegar in small pan. Allow to sit and soften for a few minutes. Press down on blueberries with fork to release juices. Next, slowly heat pan until blueberry mixture is simmering.

Tang it up

Blueberry vinegar adds a zesty tang to garden salad and fruit salad. It also complements blue and feta cheeses, and can be drizzled over ice cream on its own.

Add maple syrup and simmer, stirring frequently until mixture begins to thicken. Remove from heat and let cool a bit until just warm.

While sauce is cooling slightly, divide gelato into 4 serving dishes. Top each dish with toasted coconut and warm sauce.

EACH SERVING CONTAINS: 246 calories, 3 g protein, 14 g total fat (12 g sat. fat, 0 g trans fat), 31 g total carbohydrates (26 g sugars, 4 g dietary fibre), 39 mg sodium **a**

Pamela Durkin is a registered nutritional consultant and freelance health journalist based in Victoria, BC.