

# Good to Eat

Enjoy our series of quick, easy and delicious recipes to help you live the low carbohydrate lifestyle.

## Mascarpone Cheese and Cream

### Ingredients

*250g Mascarpone Cheese*

*1 cup of cream*

*2-3 tsp of Natural Vanilla Extract*

### Method

*This is a delicious dessert that you can serve with any fresh fruit. I have used strawberries and blueberries here and it looks so impressive served in martini glasses xoxo.*

1. Whip all the ingredients together until it forms stiff peaks.
2. Use an ice cream scoop heated with hot water to form scoops.
3. Serve with fruit of your choice and some grated 85% cocoa dark chocolate.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Source: Fran Ramsay

Serves 4



For more recipes and information on living the low carbohydrate lifestyle find us at:

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