

Blueberry-Yogurt Fool Dessert

(4 Servings- cut by ½ if making for 2)

Ingredients

1 ½ pints blueberries

1/3 cup honey, plus more if desired Juice of half a lime

5 fresh mint leaves plus 4 sprigs for garnish

¼ cup cold heavy cream

1 cup thick Greek-style yogurt 4 teaspoons finely chopped pistachios

Directions

1. In a blender, combine 1 pint of blueberries, honey, lime juice, and 5 mint leaves; puree. Press mixture through a fine mesh sieve to remove skin and seeds. Discard skin and seeds. Transfer to a container, cover with plastic wrap, and refrigerate until cold, about 10.
2. With an electric mixer or a whisk, whip the cream until it holds stiff peaks. Fold the cream into the yogurt.
3. Using a light hand, fold the blueberry puree into the yogurt mixture about three quarters of the way, leaving a swirly pattern of dark purple streaks through the white yogurt mixture.
4. Spoon into 4 glasses and chill. To serve, sprinkle with pistachios, and garnish with remaining blueberries and mint sprigs.