

Summer Berry Parfait | bites out of life

- 1 quart strawberries, tops cut off and quartered
- 1 quart blueberries
- 1 pint heavy whipping cream
- zest of ½ of a lemon
- 1 teaspoon balsamic vinegar
- 1 tablespoon sugar

- 1) Sprinkle the sugar over the fruit. Drizzle the balsamic and stir so that all of the fruits are lightly covered.
- 2) Add the zest of a lemon, and the juice of half a lemon to the whipping cream. Whisk the whipping cream until soft peaks form.
- 3) Serve the berries with a dollop of the lemony whipped cream and a spring of mint. Use chilled martini glasses instead of dessert cups to make it a true fruit cocktail!

From: <http://www.bitesoutoflife.com/2010/07/04/festive-fruit-for-the-fourth/>