



Red Raspberry, White Nectarine and Blueberry Icebox Cake

Real Food Meals

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Webpage
<http://realfoodmeals.com>

Prep Time:
30 Minutes

Cook Time:
No Cooking

Wait Time:
3 Hours

Servings:
8

Ingredients

- **8 oz. Cream Cheese, Softened** (*I Use Whole Foods 365 Organic Neufchatel Cheese, Less Fat*)
- **2 Cups Heavy Whipping Cream, Very Cold** (*Make Sure the Ingredients are Cream Only*)
- **1/2 Teaspoon Pure Vanilla Extract**
- **2 Tablespoons Powdered Sugar**
- **1 1/2 Cups Blueberries** (*Fresh and Organic if Possible*)
- **3/4 Cup Raspberries** (*Fresh and Organic if Possible*)
- **1 Cup White Nectarine, Chopped** (*1 Whole Medium White Nectarine*)
- **7 oz. Vanilla Wafer Cookies** (*I use Trader Joe's Lattemiele Slightly Sweet Milk & Honey Cookies*)
- **1 Tablespoon Organic Cane Sugar** (*Or Granulated Sugar*)

Preparation

To prepare the cream, add the softened cream cheese, pure vanilla and powdered sugar to a mixing bowl. Beat with a hand mixer until smooth. Then add 2 cups of heavy whipping cream and continue beating until the cream is thick and slightly stiff, but not over mixed.

To prepare the fruit, rinse the blueberries and raspberries and drain them in a colander. Cut the white nectarine into bite-sized pieces.

Spread the bottom of a glass 6 x 8 inch storage container or a square glass 8 x 8 baking dish with a thin layer of the whipped cream. Arrange a layer of cookies on top of the cream without overlapping.

Spoon another thin layer of cream over the cookies and then drop a layer of blueberries over the cream, covering it well. Sprinkle with a little cane sugar.

Spoon another thin layer of cream over the blueberries and then arrange another layer of cookies on top of the cream.

Spoon another thin layer of cream over the cookies and then cover with a layer of the chopped white nectarine pieces.

Spoon another thin layer of cream over the nectarine pieces and then arrange another layer of cookies on top of the cream.

Spoon the remaining cream over the last layer of cookies, covering them well.

Then carefully place the raspberries and a few blueberries on top of the cream in an attractive design. Sprinkle with a little cane sugar.

Cover the cake with plastic wrap and refrigerate it at least 3 to 4 hours, until the cookies are soft when inserting a toothpick or cake tester into them. Serve and ENJOY!