

WHIPPED BERRY PUDDING

Unlike American-style puddings, this Finnish dessert is made with fruit juice, thickened with wheat farina and then lightened by beating air into the mixture.

ACTIVE: 20 MINUTES

TOTAL:

3 HOURS 10 MINUTES

TO MAKE AHEAD:

Cover and refrigerate for up to 2 days.

4 cups water

2 cups blueberries (about 1 pint)

$\frac{3}{4}$ cup wheat farina, such as Cream of Wheat (not instant)

$\frac{3}{4}$ cup sugar

2 tablespoons lemon juice

$\frac{1}{8}$ teaspoon salt

SORE MOUTH OR THROAT

DIARRHEA

DAIRY FREE

VEGETARIAN

VEGAN

1. Combine water and blueberries in a medium saucepan and bring to a boil over medium-high heat. Simmer, uncovered, for 15 minutes. Strain the blueberries, pressing on the solids; you will have 3 to 3½ cups blueberry juice. (Discard the solids.)

2. Rinse the saucepan and return the juice to it. Stir in farina, sugar, lemon juice and salt. Cook over medium-low heat, stirring, until the mixture has thickened slightly, 2 to 4 minutes. Remove from the heat and let cool for 15 minutes.

3. Transfer the farina mixture to a stand mixer and beat with the whisk attachment on low speed for 1 minute. Increase speed to high and beat until doubled in volume, with a texture similar to fluffy marshmallow, 8 to 10 minutes more.

4. Refrigerate until chilled, about 2 hours.

SERVES 8: ABOUT $\frac{2}{3}$ CUP EACH

Calories 152, **Fat** 0g (sat 0g), **Cholesterol** 0mg, **Carbs** 37g, **Total sugars** 23g (added 19g), **Protein** 2g, **Fiber** 1g, **Sodium** 47mg, **Potassium** 52mg.

ADDING UNFLAVORED PROTEIN POWDER can boost the protein content of your favorite treats. Whisk into warm (not hot) or cold mixtures for an added boost.

