

Your Just Desserts

Blueberry Napoleons: A Simply Royal Dessert



This gorgeous stacked dessert is super easy to make.

(NAPSA)—A classic Napoleon is a decadent dessert that was born in Naples...or Copenhagen...or Paris! While historians can't agree on the exact origins, everyone agrees that the dessert was a favorite of Napoleon Bonaparte and that the alternating crisp and creamy textures with a burst of fruit are worthy of royalty.

This winter, give your guests a majestic treat by serving Fresh Blueberry Napoleons. The gorgeous stacked dessert looks impressive yet is super easy to make. You can even bake the surprisingly simple crisps and stir up the tasty cream the day before, then assemble with luscious fresh blueberries just before serving. The recipe serves four, but if you're expecting more guests, it can be easily doubled.

You'll find plenty of top-quality fresh blueberries in the produce aisle of your market this winter. They come to us from South America, where the climate and growing conditions are perfect for blueberries.

FRESH BLUEBERRY NAPOLEONS

- 6 slices firm white sandwich bread, crusts removed**
- 1 teaspoon butter, softened**
- ¼ teaspoon sugar**
- 1 cup ricotta cheese (whole or part-skim milk)**
- ¼ cup mascarpone or cream cheese**

- ¼ cup confectioners' sugar**
- 2 tablespoons apricot preserves**
- 1 cup fresh blueberries**

Preheat oven to 350°F. With a rolling pin, roll bread slices very thin; cut each slice in half lengthwise. Lightly butter bread on one side; arrange on baking sheet; sprinkle with sugar; bake until crisp and beginning to brown, about 10 minutes. Cool to room temperature. (If making ahead, wrap tightly; store at room temperature.) In medium bowl, with electric mixer, beat ricotta, mascarpone, confectioners' sugar and preserves until smooth. Cover and refrigerate until ready to use. Just before serving, place 8 toasts on work surface. Spread cheese filling on toasts, dividing evenly; dot with berries. Stack 4 of the prepared toasts on remaining prepared toasts; top each with a plain toast; press gently to secure. If desired, sift confectioners' sugar over Napoleons. Serve immediately.

YIELD: 4 portions

Per portion: 349 calories, 39 g carbohydrate, 17 g total fat, 9 g saturated fat

For more nutrition information and great recipes, visit www.blueberrycouncil.org.