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HEALTHY SUMMER SNACKS: OMBRE FRUIT CUPS



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At my house, the arrival of locally grown seasonal fruit triggers an avalanche of dessert of the opinion that where there are berries, there should also be pie. And cake. And ice cream. Of course, fresh fruit is such a treat on its own that sometimes it's nice to enjoy simply.

That search for simplicity is what led me to these ombre fruit cups. Made by layering macerated fruit and topping it off with a dollop of crème fraîche, this pretty dessert highlights seasonal color beautifully and healthfully. A sprinkling of sugar brings out the flavor of berries and helps to break down the fruit so it melds together nicely.

These fruit cups can be made ahead and stored in the fridge, so they're great for parties, picnics, or on-the-go treats.

WHAT YOU NEED



Makes: 4 (1-cup) servings

- 3/4 cup halved blackberries
- 3/4 cup raspberries
- 3/4 cup pomegranate arils
- 3/4 cup chopped strawberries
- 1/4 cup sugar, divided
- 1/2 cup crème fraîche or whipped cream

HOW TO





Place the blackberries, raspberries, pomegranate arils, and sliced strawberries in separate bowls. Toss blackberries with 1 tablespoon sugar and smash the fruit gently (just enough to smash about half the berries) with a flat-bottomed glass. Toss raspberries with 1 tablespoon sugar and smash the fruit gently (just enough to smash about half the berries) with a flat-bottomed glass. Toss pomegranate arils with 1 tablespoon sugar. Toss strawberries with the remaining tablespoon sugar.





Set out 4 (1-cup) jars or small glasses. Divide the macerated blackberries between the glasses. Add a layer of raspberries, followed by a layer of pomegranate arils, and final layer of strawberries. Top with a dollop of crème fraîche or whipped cream. Cover and let sit for at least an hour or as long as overnight.





Enjoy!

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