

## Get Ready to Be Fooled: Classic Fruit Fool Dessert

fresh fruit (such as strawberries, raspberries, or peaches), pureed



**TIME**  
**30 min**

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**ChefManiac**

### INGREDIENTS

2 cups fresh fruit (such as strawberries, raspberries, or peaches), pureed  
1 cup heavy cream (or double cream)  
2 tablespoons powdered sugar (adjust to taste)  
1 teaspoon vanilla extract (optional)  
Fresh fruit for garnish (optional)  
Mint leaves for garnish (optional)

### DIRECTIONS

1. Prepare the : Fruit: If using whole fruit, wash and chop it into smaller pieces. Puree the fruit in a blender or food processor until smooth. If you prefer a chunkier texture, reserve some fruit pieces to fold in later.
2. Whip the : Cream: In a mixing bowl, combine the heavy cream, powdered sugar, and vanilla extract (if using). Using an electric mixer, whip the cream until soft peaks form. Be careful not to overwhip, as you want a light and airy texture.
3. Combine: Gently fold the pureed fruit into the whipped cream until well combined. If you reserved some fruit pieces, fold them in at this stage for added texture.
4. Chill: Spoon the mixture into serving glasses or bowls and refrigerate for at least 30 minutes to allow the flavors to meld and the dessert to chill.
5. Serve: Once chilled, garnish with fresh fruit and mint leaves if desired. Serve immediately and enjoy the delightful flavors!

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Original recipe: <https://chefmaniac.com/get-ready-to-be-fooled-classic-fruit-fool-dessert/>