Summer Berry Cake
Serving Size: 1/8 of cake • Yield: 8 servings • Prep time: 30 minutes • Rest time: 6-8 hours

Ingredients

- 12 slices Whole wheat or white bread
- 1 package Mixed berries, frozen (strawberries, raspberries, blueberries, blackberries, etc.)
- 1/2 cup Lemon juice
- 2 tablespoons Corn starch
- 2 sprigs Fresh mint (optional)

Method

1. Toast the bread for 1-2 minutes per slice or lay all bread slices flat on a baking sheet and bake in an oven at 325°F for 10 minutes.
2. Put berries and lemon juice into a saucepan and bring to a boil. Let simmer for 5 minutes. If adding fresh mint, cut in a ribbon and add to boiling berries. In a small bowl, mix corn starch with 2 tablespoons of cool water. Add to berries and continue to mix until it begins to thicken. Allow to cool for about 5-10 minutes.
3. In a medium-large glass bowl, place the first slice of bread at the base and place the rest around it, overlapping slightly. Spoon in the berry mixture, and then layer with another slice of bread. Repeat until filled.
4. Cover the bowl with a plate and weigh it down with heavy objects such as jars/jam bottles or other items that are already in the refrigerator. Chill for at least 6-8 hours.
5. Serve with more fresh berries, fresh mint leaves or a sugar-free whipped topping, if desired.