

Fruit with Warm Vanilla Sauce

Ingredients

- Your choice of allowed fruit
- ½ teaspoon apple cider vinegar
- 1 tablespoon vanilla powder
- 2 tablespoons lemon juice
- Powdered Stevia to taste

Directions

1. In a small saucepan or dipping bowl stir Stevia and vanilla powder into lemon juice and vinegar.
2. Heat the sauce on the stove or in the microwave.
3. Pour into a dipping bowl.
4. Dip fresh fruit into the warm sauce and enjoy.

Makes 1 serving (1 fruit)
1 gram protein
0 fat
100 calories (apple)
60 calories (grapefruit)
40 calories (strawberries)
75 calories (orange)

PHASE 3

MODIFICATIONS:

Stir in 1 tablespoon of cold butter cut into small cubes and whisk quickly until blended. Or add a small amount of cream and omit the lemon juice. Add a little cinnamon or rum extract for added flavour.

