

Berry Coulis

Ingredients:

2 cups
1 each

Raspberries or strawberries
Lemon, juiced



Method:

- Warm raspberries or strawberries in a large small sauté pan, about 4-5 minutes on low heat.
- Add lemon juice.
- Puree until smooth.

Nutritional Information:

Servings: 12 | Serving size: ½ ounce | Calories: 10
Carbohydrates: 3 grams | Fiber: 1 gram