

Beverages

Peach Melba Sipper

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Servings: 5

Start to Finish Time: 15 minutes

1 package (12 ounces) frozen unsweetened raspberries, thawed

1/4 cup Splenda no calorie sweetener

1 tablespoon cornstarch

1 package (16 ounces) frozen unsweetened sliced peaches

1 container (8 ounce) plain yogurt

1/4 cup reduced-fat milk or peach nectar

1/4 cup Splenda no calorie sweetener

1/4 teaspoon almond extract

1 cup ice cubes

Process the raspberries in a food processor or blender. Pour the mixture through a fine wire-mesh strainer, discarding the seeds and pulp.

In a small saucepan, combine the sweetener and cornstarch. Stir in the raspberry puree¹. Bring to a boil over medium heat, stirring constantly. Boil, stirring constantly, for 1 minute. Chill.

Spoon or drizzle one tablespoon of the raspberry sauce into each glass. Set aside.

Process the peaches, yogurt, milk, sweetener, almond extract and ice cubes in a blender until smooth, stopping to scrape down the sides.

Pour the mixture into glasses.

Top with the remaining raspberry sauce.

Garnish, if desired.

Serve immediately.

Per Serving (excluding unknown items): 37 Calories; 2g Fat (39.7% calories from fat); 2g Protein; 4g Carbohydrate; trace Dietary Fiber; 6mg Cholesterol; 24mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.