

Banana & Ginger Sauce

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 3 1/4 cups

3 (1 pound) bananas

juice of one lemon

juice of one lime

2 cups low-fat plain yogurt

12 teaspoons soft brown sugar

2 teaspoons ground ginger

Peel and slice the bananas. Place the bananas, lemon juice and lime juice in a blender or food processor. Blend until smooth.

Add the yogurt, sugar and ginger to the blender. Blend the mixture until thoroughly mixed.

Pour the sauce into a suitable serving dish. Cover and leave the sauce in a cool place for 30 minutes before serving to allow the flavors to develop.

Serve with fresh fruit, low-fat ice cream or frozen yogurt.

Per Serving (excluding unknown items): 12 Calories; trace Fat (14.3% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	12
% Calories from Fat:	14.3%
% Calories from Carbohydrates:	75.9%
% Calories from Protein:	9.7%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	3g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	0mg
Riboflavin B2 (mg):	0mg
Folacin (mcg):	1mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	1mg	Vegetable:	0
Potassium (mg):	48mg	Fruit:	0
Calcium (mg):	4mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	5IU		
Vitamin A (r.e.):	1/2RE		

Nutrition Facts

Amount Per Serving

Calories	12	Calories from Fat:	2
-----------------	----	---------------------------	---

% Daily Values*

Total Fat	trace	0%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	1mg	0%
Total Carbohydrates	3g	1%
Dietary Fiber	trace	2%
Protein	trace	
Vitamin A		0%
Vitamin C		0%
Calcium		0%
Iron		2%

* Percent Daily Values are based on a 2000 calorie diet.