

Raspberry Sauce

Can be used on ice cream or desserts. Also used on chile' relleno's.

2 cups fresh raspberries or thawed frozen unsweetened raspberries

1 tablespoon orange juice

3 tablespoons sugar substitute

1/2 teaspoon orange peel, finely grated

Place raspberries in a blender and cover. Process until smooth. Strain through sieve; discard seeds. Stir orange juice, sugar substitute and orange peel into pureed berries.

Serve over fresh fruit, frozen yogurt, cheesecake or other dishes.

Per Serving (excluding unknown items): 80 Calories; trace Fat (0.4% calories from fat); trace Protein; 18g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 72mg Sodium. Exchanges: 0 Fruit; 1 Other Carbohydrates.