

Vanilla Yogurt Sauce

Step-By-Step Sauces

Salamander Books, Ltd. - London, England

Yield: 1 3/4 cups

2/3 cup semi-skimmed milk

1 pod vanilla

1 teaspoon cornflower

1/3 cup icing sugar

1 1/4 cups low-fat plain yogurt

In a saucepan, warm the milk. Split the vanilla pod lengthways and add to the milk. Remove the pan from the heat. Cover and set aside to infuse for 15 minutes.

Remove the vanilla and scrape the seeds from the pod into the milk.

In a small bowl, blend the cornflower with one tablespoon of water until smooth. Stir the cornflower mixture into the milk and bring slowly to a boil, stirring continuously, until the mixture thickens. Simmer the sauce gently for 3 minutes, stirring.

Remove the pan from the heat. Pour the sauce into a bowl and set aside to cool.

Sift the icing sugar into a bowl. Once the cornflower sauce is cool, stir in the icing sugar and yogurt. Mix thoroughly.

Serve with hot or cold puddings or meringues.

Per Serving (excluding unknown items): 167 Calories; trace Fat (0.2% calories from fat); 0g Protein; 41g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 2 1/2 Other Carbohydrates.

Sauces and Condiments

Per Serving Nutritional Analysis

% Calories from Fat: 0.2%
 % Calories from Carbohydrates: 99.8%
 % Calories from Protein: 0.0%
 Total Fat (g): trace
 Saturated Fat (g): trace
 Monounsaturated Fat (g): trace
 Polyunsaturated Fat (g): trace
 Cholesterol (mg): 0mg
 Carbohydrate (g): 41g
 Dietary Fiber (g): 0g
 Protein (g): 0g
 Sodium (mg): trace
 Potassium (mg): 1mg
 Calcium (mg): trace
 Iron (mg): trace
 Zinc (mg): trace
 Vitamin C (mg): 0mg
 Vitamin A (i.u.): 0IU
 Vitamin A (r.e.): 0RE

Vitamin B12 (mcg): 0mcg
 Thiamin B1 (mg): 0mg
 Riboflavin B2 (mg): 0mg
 Folacin (mcg): 0mcg
 Niacin (mg): 0mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 13
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 0
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 0
 Fat: 0
 Other Carbohydrates: 2 1/2

Nutrition Facts

Amount Per Serving

Calories 167 Calories from Fat: 0

% Daily Values*

Total Fat trace 0%
 Saturated Fat trace 0%
Cholesterol 0mg 0%
Sodium trace 0%
Total Carbohydrates 41g 14%
 Dietary Fiber 0g 0%
Protein 0g

Vitamin A 0%
Vitamin C 0%
Calcium 0%
Iron 0%

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