



June 30, 2007 Demo Recipe

Berry Sabayon

Submitted by Linda Weiss

Memories from Home, Cooking with Family and Friends

Ingredients:

Raspberries

Blueberries

Strawberries

Artificial sweetener

1 small package sugar- free instant vanilla pudding mix

Low-fat milk

2 heaping tablespoons low-fat sour cream

½ teaspoon almond extract (more if desired)

***Shopping Tip:** Buy all of your berries fresh at the Market!

Directions:

Wash and cut the strawberries if too big. Place fruit in a bowl. Sprinkle with your favorite artificial sweetener.

Mix the sugar free pudding according to package direction, using low fat milk. Add the sour cream and almond extract.

Place berries in goblets. Pour some of the pudding mix over the top. Serve.