

Nanas Chocolate Sauce

Tina Holland

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*1 cup sugar
3 tablespoons flour
4 tablespoons cocoa
2 cups milk
3 tablespoons butter
1 teaspoon vanilla
pinch salt*

In a bowl, mix the flour, sugar, cocoa and salt.
Place in a double boiler.

Add the milk and butter. Cook until thick and hot.

Add the vanilla.

Serve.

Per Serving (excluding unknown items): 1526 Calories; 54g Fat (30.5% calories from fat); 23g Protein; 253g Carbohydrate; 8g Dietary Fiber; 159mg Cholesterol; 597mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 2 Non-Fat Milk; 10 1/2 Fat; 13 1/2 Other Carbohydrates.