

Blackberry & Apple Sauce

Step-By-Step Sauces

Salamander Books Ltd. - London, England

Yield: 2 1/2 cups

8 ounces cooking apples

8 ounces blackberries

1/4 cup caster sugar

4 ounces low-fat soft cheese

2/3 cup reduced-fat light cream

Peel, core and slice the apples thinly. Place the apples and blackberries in a saucepan with three tablespoons of water. Cover and cook gently until the fruit is soft, stirring occasionally.

Remove the pan from the heat. Stir in the sugar. Set aside to cool.

Once cool, puree' the fruit in a blender or food processor until smooth. Press the fruit through a nylon sieve, discarding the pips.

In a bowl, whisk the soft cheese and cream together. Whisk in the fruit, mixing thoroughly.

Serve with steamed and baked puddings, meringues or poached fruit such as peaches or pears.

Per Serving (excluding unknown items): 118 Calories; 1g Fat (6.1% calories from fat); 2g Protein; 29g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: 2 Fruit.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	118	Vitamin B6 (mg):	.1mg
% Calories from Fat:	6.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	88.9%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	77mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg

Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 29g
Dietary Fiber (g): 12g
Protein (g): 2g
Sodium (mg): 0mg
Potassium (mg): 445mg
Calcium (mg): 73mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 48mg
Vitamin A (i.u.): 374IU
Vitamin A (r.e.): 36 1/2RE

Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 118 Calories from Fat: 7

% Daily Values*

Total Fat	1g		1%
Saturated Fat	trace		1%
Cholesterol	0mg		0%
Sodium	0mg		0%
Total Carbohydrates	29g		10%
Dietary Fiber	12g		48%
Protein	2g		
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Vitamin A			7%
Vitamin C			79%
Calcium			7%
Iron			7%

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