

CALORIE CONTROL RECIPES

DESSERT

Peach-Raspberry Compote – serves 4

100 g frozen raspberries, thawed
1 medium sized can peaches, sliced, in natural juice
4 Tbsp brown sugar
1/8 tsp ground cloves
1 1/3 Tbsp butter, melted
1/2 tsp vanilla extract
60ml peach syrup

Vanilla sour cream topping mix:

150 g sour cream
2 2/3 Tbsp sugar or Dantasweet
1/3 tsp vanilla essence
1/8 tsp ground cinnamon

Drain peaches, saving liquid. Put peaches in a shallow dish and top with raspberries. Mix brown sugar with remaining ingredients and pour over fruit. Bake at 180 degr C for 30 minutes. Serve warm with vanilla sour cream topping.