

ULRIKE BLATZ



CREATING HEALTHY TIMES

RASPBERRY SAUCE

INGREDIENTS

10 oz fresh or frozen raspberries

3 tbsp honey (optional)

INSTRUCTIONS

Add all raspberries, honey, and two tablespoons of water to a small saucepan. Bring to a boil, stirring occasionally until the texture is smooth, like fruit spread.

Eat with your favorite vanilla ice cream, crêpes pancakes, or waffles.

Guten Appetit!

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