Fruit with Warm Vanilla Sauce

Ingredients

- Your choice of allowed fruit
- ½ teaspoon apple cider vinegar
- 1 tablespoon vanilla powder
- 2 tablespoons lemon juice
- Powdered Stevia to taste

Makes 1 serving	
(1 fruit)	
1 gram protein	

0 fat

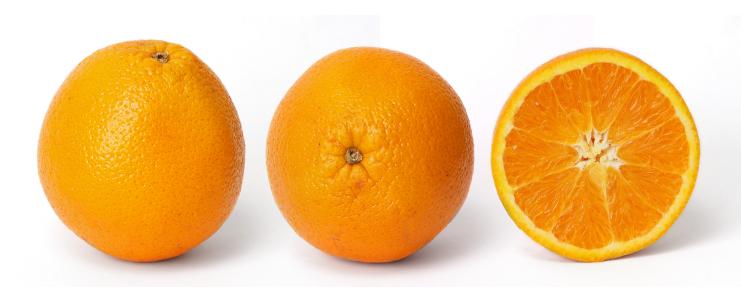
100 calories (apple) 60 calories (grapefruit) 40 calories (strawberries) 75 calories (orange)

Directions

- 1. In a small saucepan or dipping bowl stir Stevia and vanilla powder into lemon juice and vinegar.
- 2. Heat the sauce on the stove or in the microwave.
- 3. Pour into a dipping bowl.
- 4. Dip fresh fruit into the warm sauce and enjoy.

PHASE 3 MODIFICATIONS:

Stir in 1 tablespoon of cold butter cut into small cubes and whisk quickly until blended. Or add a small amount of cream and omit the lemon juice. Add a little cinnamon or rum extract for added flavour.





call email web (416) 477 - 1345 info@HCGDIETCANADA.com www.HCGDIETCANADA.com