

Strawberry Coulis

(A cold strawberry sauce)

- 1 cup strawberry
- 3 Tbsp. Honey
- 1 Tbsp. Lemon juice

Blend in a blender.

Can also use bruised strawberries or over ripe fruits.

Nutrition Facts			
Serving Size (49g)			
Servings Per Container			
Amount Per Serving			
Calories 50	Calories from Fat 0		
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 13g			4%
Dietary Fiber 1g			4%
Sugars 11g			
Protein 0g			
Vitamin A 0%		Vitamin C 35%	
Calcium 0%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4