

## Raspberry Coulis

Makes 1 ½ Cups



### Ingredients

- 15 oz. of fresh or thawed raspberries (425g)
- 2 tbsp of water
- 4 tsp of sugar
- optional-cornstarch (up to 4 tsp)
- 1 tbsp of lemon, lime or orange juice

### Directions

#### MAKE JUICE

☞ After cleaning the raspberries properly, place them in a bowl and purée by crushing with a fork.  
☞ Place puréed raspberries into a sieve over a clean bowl and use the back of a spoon to force the berries through the sieve into the bowl

☞ Measure syrup. Add water to make liquid measure 1 1/4 cups. Pour into saucepan.

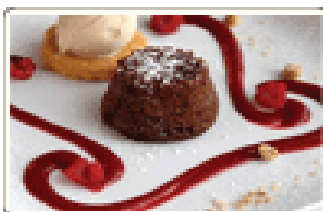
#### THICKEN

☞ Combine sugar and corn starch

☞ Stir into raspberries. Heat, stirring constantly, until mixture boils & thickens.

☞ Sweeten raspberries to desired taste.

☞ If desired, add a little lemon or orange juice to the coulis to enhance its colour.



### Nutrients (approximately)

231 Calories for 1½ cups,

Fat 1.6g, Saturated Fat 0g, Cholesterol 0mg, Sodium 2.8mg,

Carbohydrates 55.8g, Fiber 16.1g, Sugars 28.4g, Protein 3.1g

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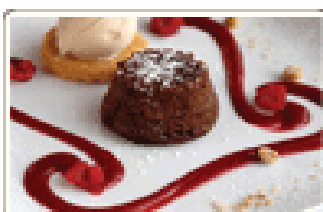
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