

# Vanilla flavoured sauce

(for desserts)

Serves 2



## Ingredients

- 200g/7oz quark/lowfat crème fraiche
- 2 tablespoons skimmed milk
- 1 tablespoon icing sugar
- 1 tablespoon lemon juice
- 1 teaspoon honey
- 1 teaspoon vanilla essence
- Sprinkle of cinnamon (optional)

## Method

1. In a medium sized bowl mix all the ingredients together.
2. Taste and serve.

This sauce can be served with crumbles, puddings and cakes.