

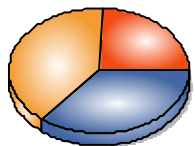


Berries and Maple Cream

By: Modified from Cooking Light by DrJez LLC

Recipe grams: 520.00g/18.3oz

Serves 4 130.00g/4.6oz per serving



Protein: 10%
Carbohydrates: 86%
Fat: 3%

INGREDIENTS

3/4 cups SOUR CREAM, NONFAT
1/4 cup MAPLE FLAVORED SYRUP, SUGAR FREE
1 cup BLUEBERRY, RAW
1 cup RASPBERRY, RAW

DIRECTIONS

Combine Maple Syrup with Sour cream.

Mix choice of berries and top with cream mixture.

Nutrition Facts

Serving Size: 1 serving (130.0g)

Servings: 1

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 80mg 4%

Total Carbohydrate 18g 6%

Dietary Fiber 3g 10%

Sugars 8g

Protein 2g

Vitamin A 6%

• Vitamin C 20%

Calcium 4%

• Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet.