

LOW PROTEIN RECIPE - Dessert

Banana Apricot Dessert

Makes 6 servings

Ingredients:

2 tablespoons margarine
30 ounces apricots, canned in heavy syrup
2 teaspoons cornstarch
2 tablespoons water
1 teaspoon cinnamon
6 bananas

How to make:

Melt margarine in a large skillet over low heat.
Add apricots including the syrup.
In a small dish blend cornstarch with water.
Add cornstarch mixture and cinnamon to the skillet.
Stir until the apricot mixture thickens.
Slice the bananas and add to the skillet.
Heat 1-3 minutes longer to just barely heat the bananas.

Composition

1 serving = 2 fruit
1/2 fat
(2 grams pro, 60 mgs Na, 40 mgs phos, 0 chol)

Finishing Touches

Depending on your diet plan, can be served with:
fat free pound cake or angel food cake (a dessert)
cool whip (miscellaneous)

For Diabetics Only:

Use apricots packed in fruit juice
Divide into 10 servings
1 serving = 2 fruit exchanges
1/2 fat exchange