

Summer Peach Sauce

THM-Friendly E, Low-fat, Sugar-free Topping

Ingredients:

- 5 sliced peaches, or about 1 lb. frozen sliced peaches (I cut roughly and leave the skin on because it's easy, do whatever you like)
- 3/4 tsp. pure stevia extract
- 2-3 tbs. Water

Directions:

1. Put all of the ingredients in a small saucepan, cover with a lid, and turn heat to medium-low.
2. Keep a close eye on it and let it simmer until it's a sauce-y texture and then cool before putting it in a container in the fridge.
3. You can use this peach sauce to top a bowl of cottage cheese, high-protein pancakes or even a banana milkshake!

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