

# CHERRIES JUBILEE SAUCE

Serves: 8

Prep time: 5 minutes

Cook time: 3-5 minutes

Exchanges: 1½ fruit

## INGREDIENTS:

4 cups canned  
cherries  
¼ cup port wine  
½ cup brandy  
Fat-free frozen  
yogurt or ice  
cream

## Directions

Heat cherries with wine in skillet or chafing dish. Add brandy, ignite, and stir until flames are diminished. Serve over fat-free frozen yogurt or ice cream. Optional: Serve with fat-free cookie.



## NUTRITION FACTS PER SERVING: ½ cup

Calories: 90  
Fat: <1 g  
Cholesterol: 0 mg  
Sodium: 9 mg  
Carbohydrates: 12 g  
Fiber: 1 g  
Protein: 1 g