Caramel-Coffee Sauce

The Tampa Tribune / Cooking Light Cookbook, Oxmoor House - 1989

Yields 6 servings, 2 tablespoons each

Ingredients

- 3 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1/2 tsp instant espresso powder
- 1 cup skim milk
- 1/2 tsp vanilla

Instructions

1. Combine brown sugar, cornstarch, and espresso powder in a small saucepan, stirring well.
2. Gradually stir in milk; bring to a boil, stirring constantly.
3. Remove from heat; stir in vanilla.
4. Serve over fresh summer fruit, low-fat frozen yogurt, ice cream, or angel food cake.

CARAMEL-COFFEE SAUCE **THE TAMPA TRIBUNE**
COOKING LIGHT COOKBOOK, 1990, OXMOOR HOUSE, 1989

Serve over fresh summer fruit, low-fat frozen yogurt, ice cream or angel food cake.

3 TB. brown sugar
½ tsp. instant espresso powder
1 Tb. cornstarch
1 c. skim milk
½ tsp. vanilla

Combine brown sugar, cornstarch and espresso powder in a small saucepan, stirring well. Gradually stir in milk; bring to a boil, stirring constantly. Remove from heat; stir in vanilla.

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Nutrition data per 2-tablespoon serving:

48 calories
1 g protein
no fat
1 mg cholesterol
4 g complex carbohydrates
7 g sugar
no dietary fiber
23 mg sodium
1 percent calories from fat

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