

# Cherry Sauce

THM-Friendly: E

Although this is an E, you can have 1 Tbsp. for less than a carb.

Cherries are not considered a FP, but in a garnish amount, you can comfortably add a couple of tablespoons of this to your S.

- 1 cup of dark sweet cherries (pitted, chopped - I buy them frozen)
- 1 tsp. lemon juice
- 1/2 cup allulose
- 1/2 cup water
- 1 tsp. vanilla extract
  
- 1/8 tsp. xanthan gum

Add all ingredients except the xanthan gum to a saucepan.

Bring to a boil and simmer for 5 minutes.

Use a masher to break down the cherries into more of a compote.

Whisk in the xanthan gum and remove from the heat. Let cool.

enJOY!

