



Crème Bothell

An ICTC CART Healthy Choice variation on the classic Crème Anglaise

INGREDIENTS:

1/4 c.	Milk
3 Tbsp	Corn Starch
1 c.	Milk
1 c.	Plain Yogurt
6 Tbsp	Granulated Splenda
1 3/4 tsp	Vanilla Extract
3/4 tsp	Almond Extract

INSTRUCTIONS:

1. **Make a slurry out of ¼ c. milk and 3 Tbsp corn starch**
2. **Bring 1 cup of milk to a boil**
3. **Add slurry to hot milk. Remove from the heat as soon as it returns to a boil**
4. **Add vanilla extract and almond extract to thick milk mixture**
5. **In a medium bowl, mix together the Splenda and yogurt**
6. **Stir in the warm milk mixture**
7. **Serve warm or cold over fruit, crepes, etc.**