

## RECIPES THAT USE FRUCHE and what to swap

### Book 1

Strawberry Romannette – ½ recipe Symple Sweet Cream

Creamy Sweet Dip with Fruit Platter – ½ recipe Symple Sweet Cream

### Book 2

Cherry Heaven – ½ recipe Symple Sweet Cream

Pavlova – ½ recipe Symple Sweet Cream

Strawberry Chiffon – ½ recipe Symple Sweet Cream

### Book 6

Berry Delicious Pie – 1 full batch Symple Sweet Cream

Mini Fruit Tarts – 125g Formé no fat Vanilla yoghurt

### Book 7

Pina Colada Paradise – ½ recipe Symple Sweet Cream

Italian Trifle – ½ recipe Symple Sweet Cream

### MORE Cooking for 1 or 2 people

Pavlova – ¼ recipe Symple Sweet Cream **or** 1½ batch in MORE Cooking for 1 or 2 people

Strawberry Chiffon – ¼ recipe Symple Sweet Cream **or** 1½ batch in MORE Cooking for 1 or 2 people

### Following is the full recipe for Symple Sweet Cream

So, if the swap is half recipe, use 250g of low-fat cottage cheese, 1/8 cup white sugar and ¼ teaspoon vanilla essence.

## Symple Sweet Cream

**SERVES: 10 | Difficulty ★☆☆☆☆**

**1 x 500g tub low-fat cottage cheese**

**¼ cup white sugar**

**½ teaspoon vanilla essence**

In a food processor blend cottage cheese until very smooth. Add sugar and essence, blend until sugar has dissolved. Keep refrigerated.

Suitable to be frozen.

**NOTE:** An adapted version of this recipe is also in **Cooking for 1 or 2 people**

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