

Warm fruit salad with cinnamon sauce



 15 min.  186 kcal  SteviaSweet Crystal

Preparation

Mix the ingredients for the sauce and allow to steep in the refrigerator until the fruit salad is ready.

Dice the apples and pears. Halve the plums and remove stones. Cut each of the halves into four pieces.

Heat rapeseed oil in frying pan and add diced apples and pears. Fry the fruit at high heat for several minutes. Squeeze the orange and add the juice, rosemary, vanilla and **SteviaSweet Crystal** in the pan. Allow to simmer until there is virtually no liquid left.

Put fruit in a bowl and spread plums and cinnamon sauce over it.

Ingredients for 4 servings

2	apples
1	large pear
2	plums
1 tbsp	rapeseed oil
1/2	orange (juice)
1	rosemary sprig
1/4 tsp	ground vanilla
1 tbsp	SteviaSweet Crystal

Cinnamon sauce

100 g	crème fraîche
1/2 tsp	ground cinnamon
1 tsp	SteviaSweet Crystal

Nutritional information per portion

186	kcal
781	kJ
1.5	g Protein
12	g Carbohydrates
19.5	g Fat