

- » 12 ounce can (354 mL can) evaporated nonfat milk
- » 1 tablespoon (15 mL) cornstarch
- » 3 packets concentrated acesulfame-k
- » 1 teaspoon (5 mL) almond extract
- » 1 teaspoon (5 mL) concentrated aspartame
- » 12 ounce bag (340 g bag) frozen mixed berries
- » 2 cups (500 mL) nonfat yogurt, no sugar added (plain or vanilla)

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**YIELD:** 8 servings

**EXCHANGE:** 1 milk

**CALORIES:** 99

Combine the first three ingredients and stir them together in a saucepan. Heat just to a boil, then reduce the heat and simmer for 5 minutes or until the sauce thickens, stir constantly with a wire whisk. Turn off the heat; stirring in the almond extract, aspartame, and berries. Let cool and then fold in the yogurt.