

category: DESSERT

Chocolate Muffins with Strawberry Sauce

This recipe is easy because it uses store-bought chocolate muffins. Use any flavor of muffin to create different combinations - or make your own muffins for a special treat!

Fresh fruit sauce is easy and versatile- you can use lots of different fruits for all sorts of meals. Try apple sauce with pork chops or mix cooled apricot sauce with cream cheese for an amazing spread for bagels.



NUTRITION INFO

Calories	418
Calories From Fat (46%)	194
	<small>% Daily Value</small>
Total Fat 22.1g	34 %
Saturated Fat 8.5g	42 %
Cholesterol 66.45mg	22 %
Sodium 410.54mg	17 %
Potassium 201mg	6 %
Carbohydrates 52.52g	18 %
Dietary Fiber 2.27g	9 %
Sugar 32.3g	
Sugar Alcohols 0.00	
Net Carbohydrates 50.25g	
Protein 5.37g	11 %

Freshly whipped cream is a great treat for homemade desserts, but be careful not to whip it too much past the "soft peaks" stage. If you whip it too long, it'll become butter. In which case, pop some popcorn or steam yourself a lobster.

category: **DESSERT**

Chocolate Muffins with Strawberry Sauce

WHAT YOU'LL NEED:

4 chocolate muffins

FOR THE SAUCE:

1 lb strawberries, washed
(save a few for garnish)
1/3 cup water, approx.
Honey or sugar, to taste
(depending on sweetness
of strawberries)

FOR THE TOPPING:

4 oz. whipping cream
1/4 tsp. vanilla extract (optional)
3 tsp. sugar, granulated or
powdered (optional)

TOOLS FOR THE JOB:

Cutting Board & Knife
Medium-sized Pot with Lid
Plastic or Wooden Spoon
Measuring Spoons
Medium-sized Bowl
Whisk

SKILL LEVEL:



Makes 4 Servings

TOTAL TIME:
about 25 min.

THE STEPS

- Remove stems from strawberries. Coarsely chop and put them into a medium-sized sauce pan. Add water and turn heat on to "medium-high." Cover pot and let strawberries steam for about 5 minutes.
- Remove lid, reduce heat to "medium" and continue cooking, stirring occasionally so the berries won't stick to the bottom of the pan. Simmer till they're broken down.
- When the strawberries are completely broken down (another 5-10 minutes) you will have a thick sauce. Check for sweetness and add sugar or honey accordingly.
- Meanwhile, using a whisk, mixer or electric beater whip the cream in a medium-sized stainless steel or glass bowl.
- After about a minute add the sugar and vanilla.
- Whip cream to "soft peaks." (That's when it holds its shape, but is still very glossy.) Don't overwhip!
- Cut the muffin into thirds. Alternate layers of muffin and strawberry sauce, and top with whipped cream.
- Garnish plate with whole, fresh strawberries.