

Mock Crème Fraiche

This is basically thickened yogurt (sometimes called Yogurt Cheese) and a low-fat, delicious substitute for crème fraiche or whipped cream. I serve it with all manner of desserts. Low-fat yogurt works perfectly well.

1 ½ cups plain yogurt
1 to 2 tsp maple or corn syrup
1 to 2 tsp vanilla extract

Drain yogurt in paper-lined coffee filter set over a cup about 1 hour or until of desired consistency. Stir in maple syrup and vanilla extract.

Makes about 1 cup.