

Custard quark sauce

Sweet

level 

 4

 3 min



Ingredients

200 ml	Fresubin Protein Energy DRINK Vanilla
200 g	low fat quark (0.2% fat) juice of 1/2 lemon
50 g	icing sugar

Nutritional information per serving:

Energy	161 kcal
Protein	11.8 g
Fat	3.0 g
Carbohydrate	20.0 g
Fibre	0.0 g



Alternative products:

Fresubin® Original DRINK
Fresubin® Energy/Fibre DRINK
Fresubin® 2 kcal Fibre DRINK
Fresubin® Energy Fibre DRINK

Preparation

Mix the quark with Fresubin Protein Energy DRINK Vanilla. Mix the lemon juice with icing sugar and fold into the custard mixture.

TIP:

Serve with fresh fruits or berries.