

Thyme and Garlic cream sauce

INGREDIENTS

- 1 Cup Cream
- 1 Cup Double thick yogurt
- 2 Garlic cloves, crushed
- 1 Onion, chopped
- 10 Sprigs fresh thyme (remove all leave)
- Salt and pepper
- 1 Tsp Xylitol (Optional)



METHOD

In a saucepan, over medium heat, fry your finely chopped onion, garlic and thyme. Add the cream, yogurt, and season with salt and pepper to taste. Add xylitol if desired.

Slowly reduce the sauce until it is thick (about 15 minutes). Keep stirring the sauce to prevent it from burning or boiling over.

Can be served with fish, chicken or as a zoodles sauce.



FROM THE  OF: Cornia

