



Fruit Sauce

Perfect with pancakes or waffles. Great over yogurt too!

U.S.

4 cups	Frozen Strawberries
2 Tbsp	Sugar (can substitute with honey)
1 cup	Water

Metric

280 g
12 g
115 mL

Preparation:

1. Gather all ingredients and equipment.
2. In a small saucepan over medium heat, add all the ingredients
3. Simmer for 10 minutes, then mash the berries. Simmer for an additional 10 minutes.
4. Remove from heat and let cool slightly. Serve warm.

Variation: You may use strawberries, blueberries, blackberries, raspberries, or a combination. You can also try other fruits such as pineapple, apples, mango, or peaches!

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **2 Tbsp**

Amount per serving

Calories **60**

Calories from Fat 0

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 15 g

 Dietary Fiber 3 g

 Total Sugars 11 g

 Includes 4g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 115 mg

Phosphorus 0 mg
