



Fruit Sauce

Perfect with pancakes or waffles. Great over yogurt too!

U.S.

4 cups
2 Tbsp
1 cup

Berries or other fruit, frozen or fresh
Sugar (can substitute with honey)
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

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
