



Fruit Sauce

Perfect with shortcake or pancakes. Great over yogurt or frozen yogurt too!

<u>U.S.</u>		<u>Metric</u>
1 pint	Berries or other fruit, frozen or fresh, sliced (use frozen strawberries). Any fruit you like will do!	284.0g
1 Tbsp	Sugar, Granulated	14.35g
1/2 cup	Water	118.3ml

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
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	
Serving size	1 / 2 cup
Servings	6
Calories	30
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
Carbohydrates	8 g
Dietary Fiber	2 g
Sugars	5 g
Protein	0 g
Vitamin A	0 %
Calcium	0 %
Vitamin C	30 %
Iron	2 %
Phosphorus	0 mg
