



Maple Blueberry Sauce

Perfect with French toast or pancakes. Great over yogurt too!

U.S.

1/2 cup	Blueberries, frozen or fresh
1/4 cup	Maple Syrup

Metric

57 g
59 g

Preparation:

1. In a small, nonreactive saucepan over medium heat add all the ingredients. Simmer for 20 minutes.
2. Remove from heat and let cool slightly. Serve warm.

Variation: Use strawberries, blueberries, blackberries, raspberries or a combination. Try other fruits such as pineapple, apples, mango or peaches!

Nutrition Facts

Serving size 3 Tbsp
Servings 6

Calories 50
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 12 g
Dietary Fiber 1 g
Sugars 10 g
Protein 0 g

Vitamin A 0 %
Calcium 4 %
Vitamin C 0 %
Iron 6 %
Phosphorus 0 mg
