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

<table>
<thead>
<tr>
<th>U.S.</th>
<th>Metric</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 cup</td>
<td>Blueberries, frozen or fresh</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>Maple Syrup</td>
</tr>
</tbody>
</table>

**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!

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>3 Tbsp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Servings</td>
<td>6</td>
</tr>
</tbody>
</table>

**Calories**
- 50
- Calories from Fat: 0 g

**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