

Any Berry Sauce

Makes: 2 1/4 cups
 Prep Time: 5 minutes
 Cook Time: 15 minutes

Source: recipe modified from FoodHero

Ingredients

- ¼ cup cold water
- 1 Tablespoon cornstarch
- ⅓ cup sugar
- 4 cups berries, fresh or frozen (blackberries, raspberries, blueberries, sliced strawberries or a mixture)

Directions

1. Wash hands with soap and water.
2. In a medium saucepan, mix together sugar, cornstarch, water and 2 cups of berries. Mash berries if desired.
3. Heat over medium heat, stirring frequently, until sauce starts to thicken.
4. Remove from heat and stir in remaining berries. Mash if desired.
5. Serve over pancakes, waffles, oatmeal, or yogurt.
6. Refrigerate leftovers within 2 hours.

Utensils Needed

- Medium sauce pan
- Large spoon
- Measuring cups



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/4 cup	
Nutrients	Amount
Calories:	60
Total Fat:	7 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	0 mg
Total Carbohydrates:	16 g
Dietary Fiber:	2 g
Total Sugars:	12 g
Added Sugars:	7 g
Protein	0 g

SHOPPING LIST

Average total cost: \$13.04

Average cost/serving: \$1.45

Recipe Makes: 9 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Berries, 16 oz bag



Add 1 to Cart
Cornstarch, 16 oz



Add 1 to Cart
Sugar, 4 lb

Save Time, Save Money

My Cooking Notes

Preparation Tips

- the amount of sugar can be decreased depending on the sweetness of the berries or according to taste