

Easy Berry Sauce



EASY BERRY SAUCE

ingredients

4 cups washed fresh or frozen mix of berries (strawberries, blueberries, raspberries, etc)

1/3 cup sugar or honey

1/4 cup cold water

1 tablespoon cornstarch (optional for thickening)

1 1/2 tablespoons lemon juice

directions

Combine everything but the berries in a saucepan over medium-low heat. Mash about half the berries to your desired consistency. Add the mashed berries to the saucepan.

Stir frequently until sauce begins to thicken.

Add the rest of the berries, stir to combine, and bring to a simmer. Remove from heat and let cool slightly.

Serve over pancakes, yogurt, or oatmeal.

notes

You can also use seeded stone fruit like peaches, cherries, plums, or apricots!

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SERVE PEOPLE. FEED COMPASSION.