

RECIPES



SUMMER BERRY SAUCE

In a sauce pan, add:

3 T. White Grape Juice or Orange Juice (depending on the fruit you use.)
3½C. Mixed fresh or frozen berries (strawberries, blueberries, blackberries, raspberries, etc.)
2 to 3 T. Honey

Stir to mix well and cover.

Combine in a small bowl

1 T of juice

2 t. Cornstarch

Stir to dissolve the cornstarch and set aside.

Bring fruit mixture to a boil over medium-high heat. Reduce to medium-low heat and cook, stirring occasionally for five minutes or until fruit is soft.

Stir in the cornstarch mixture. Cook, stirring constantly for another minute or two until mixture is thickened and bubbly.

Serve warm over pancakes, french toast or waffles.

Happy Eating.