Blueberry Sauce

Home Recipe
Serves: 8
Prep Time: 5 minutes
Cook Time: 15 minutes

Ingredients
- 2 cups blueberries
- ½ cup water, divided
- 1 cup orange juice
- ¾ cup sugar
- 2 Tbsp cornstarch
- ½ tsp almond extract
- ⅛ tsp ground cinnamon

Cooking Instructions
1) In a saucepan over medium heat, combine the blueberries, ¼ cup of water, orange juice, and sugar. Stir gently, and bring to a boil.
2) In a cup or small bowl, mix together the cornstarch and ¼ cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes.
3) Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick.

Nutrients Per ¼ Cup Serving
- Calories: 117
- Total Fat: 0.19 g
- Saturated Fat: 0.02 g
- Cholesterol: 0 mg
- Sodium: 1.65 mg
- Carbohydrates: 29.34 g
- Dietary Fiber: 0.99 g
- Protein: 0.5 g
- Calcium: 6.71 mg
- Iron: 0.19 mg
- Vitamin A: 82.1 IU
- Vitamin C: 19.09 mg

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