



# Any Berry Sauce

Adapted from *FoodHero.org*



## 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



**Yield:** 2 1/4 cups **Serving size:** 1/4 cup

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.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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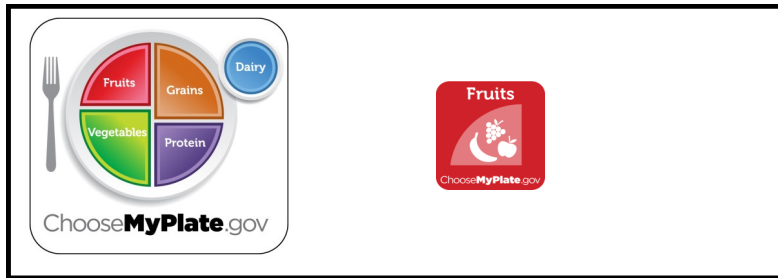
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# Fast Facts



## Featured Food Groups



## Cooking Tips

- Serve with pancakes or French toast.
- Leftover sauce can be refrigerated for up to 1 week.
- To freeze the sauce, replace the cornstarch in the recipe with Clearjel or Clear Jel, a special type of cornstarch.

Second Harvest is an equal opportunity provider.

<b>Nutrition Facts</b>	
9 servings per container	
<b>Serving size</b>	1/4 cup (77g)
<b>Amount per Serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 16g	6%
Dietary Fiber 2g	7%
Total Sugars 12g	
Includes 7g Added Sugars	14%
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 0mg	0%
Potassium 42mg	0%
Vitamin A 0mcg	0%
Vitamin C 8mg	9%

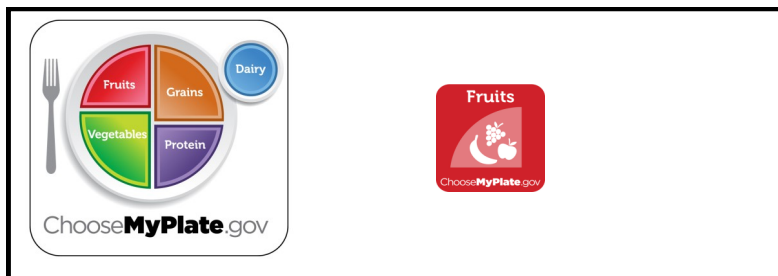
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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