

# Fruit Sauce

**Yield: 8 servings**

## Ingredients

5 ½ cups blueberries;  
or other fruit, frozen or fresh,  
sliced (use frozen strawberries)

1 ½ cups water

1 tablespoon maple syrup

## Instructions

1. Gather all ingredients and equipment.
2. In a small saucepan over medium heat, add all the ingredients.
3. Simmer for 10 minutes, and then mash the berries. Simmer for an additional 10 minutes.
4. Remove from heat and let cool slightly. Serve warm.

Variation: You may use strawberries, blueberries, blackberries, raspberries or a combination. You can also try other fruits such as pineapple, apples, mango or peaches!

## Nutrition Information

**Serving Size:** ½ cup

Calories: 60

Total Fat: 0 g

Saturated Fat: 0 g

Monounsaturated Fat: 0 g

Sodium: 0 g

Total Carbohydrate: 15.0 g

Dietary Fiber: 3.0 g

Sugars: 11.0 g

Protein: 1.0 g

Source: Goldring Center for Culinary Medicine

A top-down view of a white ceramic bowl filled with a dark red, glossy berry compote. The compote contains several whole and halved strawberries and a few blueberries. To the left of the bowl, two more strawberry halves are visible on a textured, greyish-blue surface. A wooden spoon is partially visible in the bottom left corner. The text 'SPECTRUM HEALTH' is in the top right, 'Presented by Culinary Medicine' is in the bottom left, and a small copyright notice is at the very bottom left.

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