

Better Berry Syrup

Use this syrup as a lower-sugar topping for your pancakes or to flavor plain yogurt. As an added benefit, it is a good source of vitamin C to help your immune system.

Serves 4



Ingredients

- ¼ cup orange juice
- ½ tablespoon cornstarch
- 1 cup fresh or frozen berries
- 2 tablespoons sugar

Nutrition Facts

Serving Size 1/4 Cup
Servings Per Recipe 4

Amount Per Serving

Calories 50 **Calories from Fat 0**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 13g **4%**

Dietary Fiber 1g **4%**

Sugars 11g

Protein 0g

Vitamin A 0% • Vitamin C 8%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Combine all ingredients in saucepan and simmer until thickened about 5-7 minutes.
2. Use an immersion blender to blend syrup to desired consistency

Please note: nutritional values are approximate.

