

# BLUEBERRY SAUCE

Number of portions: 8

Portion size: ½ cup



## INGREDIENTS

1 Tbsp cornstarch (or 2 Tbsp flour diluted in a little water)

4 cups blueberries, fresh or frozen

3 Tbsp sugar

## METHOD

1. Put the blueberries, cornstarch (or flour) and sugar in cooking pot.
2. Heat over medium heat. Stir regularly. Cook until the sauce is thick.
3. Serve with bannock, pancakes or French toasts.

## TIPS

- Other fruits such as cranberries, raspberries, or strawberries could be used to make a delicious sauce!

