

# Easy Blueberry Sauce

- Quick-and-easy homemade spread for toast, biscuits or pancakes!
- A fun and healthy topping for plain yogurt or oatmeal at breakfast
- Make a fun syrup for pancakes or waffles by heating sauce and mixing in a little water or juice to your desired thickness.
- Make a salad dressing or meat marinade by combining:
  - 1 Tablespoon blueberry sauce
  - 1 Tablespoon olive oil
  - 1-2 teaspoons vinegar (we like balsamic or cider vinegar)
  - Any other seasonings you like - get creative!
- Store sauce in an airtight jar or other container in the refrigerator for up to a week.

## Nutrition Facts

16 servings per container  
**Serving size** 2 Tablespoons  
(47g)

**Amount per serving**  
**Calories** **35**

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

*Trans* Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 8g **3%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 2g Added Sugars **4%**

**Protein** 0g

Vitamin D 0mcg **0%**

Calcium 7mg **0%**

Iron 0mg **0%**

Potassium 38mg **0%**

\*The % Daily Value 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.

# Easy Blueberry Sauce

Servings: 16

Prep Time: 15 minutes



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## Ingredients:

- 4 cups fresh or frozen blueberries
- 1/2 cup orange juice
- 1/4 cup sugar (optional)
- 1 tablespoon corn-starch
- 2 tablespoons water

## Directions:

1. Combine blueberries, orange juice and sugar (if using) in a medium saucepan over medium-high heat. **Stir** frequently as sugar dissolves and blueberries begin to warm through and get soft, about 5 minutes.
2. Use the back of a measuring cup or a potato masher to **mash** the blueberry mixture into a smoother consistency. **Reduce heat to low.**
3. In a small bowl, **make a slurry** from cornstarch and water, then slowly whisk your slurry into the blueberry mixture. **Remove** pan from heat; the mixture will thicken into a loose jam texture as it cools.
4. Serve as you please!

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Adapted from TeaTimeMagazine.com

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