



# Sweet Berry Sauce

YIELDS: 10 servings

PREP TIME: 10 minutes

## Ingredients

- 75 mL ( $\frac{1}{3}$  cup) orange juice
- 15 mL (1 tbsp.) cornstarch
- 60 mL ( $\frac{1}{4}$  cup) sugar
- 500 mL (2 cup) mixed berries, fresh or frozen



Figure 1: Sweet Berry Sauce

EQUIPMENT: electric skillet | liquid measuring cup | mixing bowl (small) | set of dry measuring cups | set of measuring spoons | spatula | spoon

## Directions

1. Add orange juice to liquid measuring cup, add cornstarch and mix until smooth. Add to skillet.
2. Add sugar then mix well.
3. Add berries and cook over medium heat, stirring often, until berries have softened and sauce has thickened.
4. Pour sauce into a bowl and let cool.
5. Use this sauce for your pancakes, oatmeal or yogurt!

**CHEF'S TIP:** Did you know that you don't need to wash frozen fruit? However, if you are using fresh fruit, don't forget to wash it before using.