

Louisiana HARVEST of the MONTH

Blueberry Sauce

Home Recipe

Serves: 8

Prep Time: 5 minutes

Cook Time: 15 minutes

Ingredients

- 2 cups blueberries
- ½ cup water, divided
- 1 cup orange juice
- ¾ cup sugar
- 2 Tbsp cornstarch
- ½ tsp almond extract
- ⅛ tsp ground cinnamon

Cooking Instructions

- 1) In a saucepan over medium heat, combine the blueberries, ¼ cup of water, orange juice, and sugar. Stir gently, and bring to a boil.
- 2) In a cup or small bowl, mix together the cornstarch and ¼ cup cold water. Gently stir the cornstarch mixture into the blueberries so as not to mash the berries. Simmer gently until thick enough to coat the back of a metal spoon, 3 to 4 minutes.
- 3) Remove from heat and stir in the almond extract and cinnamon. Thin sauce with water if it is too thick.

Nutrients Per ¼ Cup Serving

• Calories	117
• Total Fat	0.19 g
• Saturated Fat	0.02 g
• Cholesterol	0 mg
• Sodium	1.65 mg
• Carbohydrates	29.34 g
• Dietary Fiber	0.99 g
• Protein	0.5 g
• Calcium	6.71 mg
• Iron	0.19 mg
• Vitamin A	82.1 IU
• Vitamin C	19.09 mg



For More Information

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