

# Breakfast Fruit Sauce



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**Makes 4 Servings**

## What You Need

- ½ cup Water
- ¼ cup Sugar
- 2 tbsp. Birds Custard Powder or  
Cornstarch
- 2 cups Fresh/Frozen Berries such as  
strawberries, blueberries, raspberries,  
blackberries, or saskatoons; OR skinless  
peaches, nectarines, or apricots.

*This fruit sauce is great served on pancakes, waffles, French toast, or with yogurt/cottage cheese.*

## Per Serving

Calories 96  
Carbohydrates 24 g  
Protein 1 g  
Fat 0 g  
Dietary Fiber 2 g

## How You Prepare

Stir together the water, sugar and custard powder/cornstarch in a microwave safe bowl or pot. Add berries. Heat in the microwave or a pot stirring regularly until thick.