

## FRUIT SAUCE

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In a small saucepan combine:

$\frac{1}{2}$  cup regular sugar

1 Tablespoon cornstarch

Whisk until blended.

Add  $\frac{1}{2}$  cup water and mix well. Turn heat up to medium and stir in 1 cup of fresh or frozen fruit that is diced, or just mashed slightly. Blueberries, strawberries, raspberries, or peaches are recommended.

Stir continually over medium heat until it thickens. It will take a few minutes, be patient, it is well worth it. When it is the consistency of syrup and the fruit is bright in color, it is done. Remove from heat and let cool. Serve warm, and store in a covered container.(glass preferred ) in refrigerator.

This is fabulous on French toast, crepes, pancakes, waffles, ice cream or stirred into plain yogurt.

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