



NUTRITION CONSULTING INC.

Breakfast Fruit Sauce

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

Makes 4 servings.

What you need:

1/2 cup water
1/4 cup sugar
2 tbsp. Birds Custard Powder or cornstarch
2 cups fresh/frozen fruit such as strawberries, blueberries, raspberries, blackberries, saskatoons, skinless peaches, skinless nectarines, or apricots.

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.

Nutrition information per serving:

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



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