

Blueberry Sauce/Syrup

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0 Points on all plans

- 1 cup blueberries
- 1 Tbsp Lakanto Monkfruit (or sweetener of your choice)
- 1 Tbsp water
- 1/2 tsp cornstarch
- 1 tsp lemon zest optional
- 1 tsp fresh lemon juice optional

1. Place water, sweetener and cornstarch in a small saucepan. Stir/whisk until combined.
2. Add blueberries and mash them a bit with a potato masher.
3. Cook over medium heat, stirring frequently until the mixture boils.
4. Turn heat down and let cook about 5 minutes until thick. Add zest and juice if desired.
5. Serve over waffles, pancakes, ice cream or crepes – or whatever!