

Triple Berry Sauce

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0 points on all plans

- 1 cup mixed berries (or all of one kind, your choice)
- 1/4 cup zero calorie sweetener like Lakanto Monkfruit
- 1/4 cup water
- 2 tsp cornstarch
- dash salt
- 1 tsp lemon zest (optional)
- 1 tsp lemon juice (optional)

1. In a heavy bottom sauce pan, add berries, water, sugar substitute, cornstarch and salt.
2. Mash berries a bit. Cook over medium high heat until it boils. Simmer for 5 minutes or until thick and clear.
3. Remove from heat and stir in lemon zest and lemon juice.