

Blackberry Sauce

Ingredients

2 pints fresh blackberries or thawed frozen blackberries

4 Tablespoons honey or maple syrup

Method

Place blackberries and honey into blender container and process on low speed until smooth. Yields about one cup. Serve over frozen yogurt, low-fat angel food cake, or warm whole wheat pancakes.

OTHER USES FOR BLACKBERRY SAUCE:

To keep from diluting bowls of punch, freeze blackberry sauce mixed with apple juice in a ring mold or decorative ice mold and float it in the punch.

Berry Butter: blend blackberry sauce and softened butter and serve with hot whole wheat rolls, French toast, waffles, muffins and breads.