

Blueberry Syrup



Serves: 10

INGREDIENTS

1½ cups (150 grams) frozen blueberries (or other frozen berries or fruit, chopped to no larger than ½-inch pieces)

½ cup (120 milliliters) maple syrup*

Syrups typically used for pancakes and waffles—even pure maple syrup—can add a lot of sugar to a dish. This recipe cuts the amount of sugar and adds fiber and other nutrients from blueberries to improve the nutritional profile without sacrificing flavor. This can be used on the “Whole Wheat Chickpea Pancakes,” “Whole Grain Omega-3 Waffles or Pancakes,” yogurt, crepes, frozen desserts, or anywhere a sweet topping is desired. You can use any frozen fruit, but make sure to chop larger fruit into smaller pieces.

INSTRUCTIONS

1. Heat the frozen fruit and maple syrup together in a pan on the stove until fruit has thawed and the mixture is warm and bubbling on the edges. Then, stir and cook until slightly thickened (but don’t thicken the syrup too much—the thickness increases significantly as it cools). Remove from heat and serve or store in the refrigerator for later use.

NOTES

- *If you prefer to omit the maple syrup, heat the fruit until fully cooked and sweeten to taste with date paste.

Nutritional Info (per 2 tablespoon [30 milliliter] serving): Calories 54, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 33 mg, Total Carbohydrate 13.8 g, Dietary Fiber 0.5 g, Sugars 11.7 g, Protein 0 g

▶ To view the video for this recipe, and all electronic resources associated with the Culinary Medicine Curriculum, please see <https://bit.ly/culinarymededucation>.