

# Cherry Sauce II

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**Yield: 1 1/3 cups**

*2 packages (12 ounces ea) frozen cherries*

*1/3 cup sugar*

*1/3 cup cold water*

*2 teaspoons cornstarch*

*2 tablespoons Kirsch or brandy*

*1/2 teaspoon vanilla extract*

*pinch salt*

**Preparation Time: 1 hour 20 minutes**

In a medium saucepan, stir together the cherries, sugar, cold water and cornstarch.

Cook over medium-low heat, stirring often, for 12 to 15 minutes or until thickened.

Remove from the heat and stir in the Kirsch, vanilla extract and salt.

Cool completely for about one hour.

*Kirsch is a fruit brandy made with sweet cherries, but the brandy in your liquor cabinet will work just fine. This sauce is also delicious over an ice-cream sundae. Try it on pancakes and waffles too.*

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Per Serving (excluding unknown items): 743 Calories; 1g Fat (0.8% calories from fat); 6g Protein; 187g Carbohydrate; 11g Dietary Fiber; 0mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Grain(Starch); 8 Fruit; 4 1/2 Other Carbohydrates.