

Easy Blueberry Sauce

Winn-Dixie Food Stores

1 1/2 cups fresh blueberries

3 tablespoons honey

1/2 cup orange juice

1 tablespoon cornstarch

In a medium saucepan over medium heat, mix the blueberries, honey and 1/4 cup of orange juice.

Bring to a boil.

Mix the remaining orange juice and cornstarch in a small bowl. Stir into the blueberry mixture. Stir constantly until thickened.

Serve warm over waffles or chilled over ice cream.

Per Serving (excluding unknown items): 401 Calories; 1g Fat (2.2% calories from fat); 3g Protein; 103g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 18mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Fruit; 3 1/2 Other Carbohydrates.