

# Berry Sauce

5 Servings • 1 Serving = 2 Tablespoons



## INGREDIENTS

- 3 cups fresh or frozen strawberries
- Juice and zest from ½ orange
- ¼ teaspoon vanilla extract
- 1/8 teaspoon ground cinnamon
- Optional: 1 Tablespoon honey

## DIRECTIONS

1. Combine strawberries, orange juice and zest, vanilla, cinnamon, and honey in a small pot.
2. Heat over low heat and cook until strawberries fall apart and have the consistency of jam, about 20 minutes.

## Nutrition Facts

5 servings per container

**Serving size 2 Tablespoons**

**Amount per serving**

**Calories 35**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 8g 3%

Dietary Fiber 2g 7%

**Total Sugars** 5g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 16mg 2%

Iron 0mg 0%

Potassium 159mg 4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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