

# BERRY SAUCE

<b>Culinary Intro:</b>	Berry Sauce can be used to top plain Greek yogurt or pancakes.
<b>Nutrition Intro:</b>	Enjoy this homemade berry sauce with over 50% less sugar than most store bought sauces.

<p><b>Prep Time:</b> min</p> <p><b>Ingredients for 5servings</b></p> <p><b>Each serving = 2 Tablespoons</b></p> <p><b>Cost per serving= \$</b></p> <p><b>Ingredients:</b></p> <ul style="list-style-type: none"> <li>• 3 cups fresh or frozen raspberries</li> <li>• Juice and zest from ½ orange (about ¼ cup juice and 1 teaspoon zest)</li> <li>• ¼ tsp. vanilla extract</li> <li>• 1/8 tsp. ground cinnamon</li> <li>• 1 TBSP. raw honey, optional</li> </ul> <p><b>Steps:</b></p> <ul style="list-style-type: none"> <li>• Combine the strawberries, orange juice, zest, vanilla, cinnamon and honey in a small stock pot. Heat over low heat and cook until strawberries fall apart and looks jam-like, about 20 minutes.</li> </ul> <p><b>NUTRITION FACTS</b> Serving Size = 2 Tablespoons (67g); Servings per container = 5; Calories 70; Total Fat 0g (0%); Saturated Fat 0g (0%); Cholesterol 0mg (0%); Sodium 0mg (0%); Total Carbohydrate 17g (6%); Dietary Fiber 1g (4%); Total Sugars 4g; Added Sugars 0g; Protein 0g.</p>	<b>Culinary/ Nutrition Notes for Demo:</b>	
	<b>1</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Berries are rich in nutrients and fiber. They are sweet which makes them a great way to satisfy a sweet tooth or a craving.</li> </ul>
	<b>2</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Demo how-to zest and juice orange</li> <li>• The orange gives the sauce citrusy notes.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>• Raw honey is a better alternative to refined sugar, but is still considered an added sugar. Only use the honey if additional sweetness is required or if the berries are too tart.</li> </ul>
	<b>3</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
	<b>4</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
	<b>5</b>	<p><b>Culinary:</b></p> <ul style="list-style-type: none"> <li>• Click here to enter text.</li> </ul> <p><b>Nutrition:</b></p> <ul style="list-style-type: none"> <li>•</li> </ul>

## Clean-up/Review comments

**Culinary:**  
Click here to enter text.

**Nutrition:**

<b>Materials</b>	<b>Shopping List</b>
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<ol style="list-style-type: none"> <li>1. 1 cutting board</li> <li>2. 1 Chef's knife</li> <li>3. 1 bowl for trash</li> <li>4. 1 small stock pot</li> <li>5. 1 serving dish for final presentation</li> <li>6. mise en place cups</li> <li>7. 1 electric skillet</li> <li>8. 1 can opener</li> <li>9. 1 strainer/ sieve</li> <li>10. silicone spatula</li> <li>11. measuring cups</li> <li>12. measuring spoons</li> <li>13. paper plates/ cups/ soufflé cups</li> <li>14. tasting spoons</li> <li>15. paper towels</li> <li>16. tablecloth</li> <li>17. kitchen towel</li> <li>18. gloves</li> <li>19. copies of recipe</li> </ol>	<div data-bbox="824 90 1547 279"> <b>Produce</b> <ul style="list-style-type: none"> <li>• Raspberries (fresh or frozen)</li> <li>• Orange</li> <li>•</li> </ul> </div> <div data-bbox="824 279 1547 434"> <b>Dry Goods</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Vanilla extract</li> <li><input type="checkbox"/> Ground cinnamon</li> <li><input type="checkbox"/> Raw honey</li> </ul> </div> <div data-bbox="824 434 1547 827"> <b>Condiments</b> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> </ul> <b>Paper Goods</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> <a href="#">Click here to enter text.</a></li> </ul> </div>
<p><b>Prepping for demo:</b></p> <ul style="list-style-type: none"> <li>• Shop for ingredients/ Ensure all ingredients are available</li> <li>• Rinse &amp; dry produce</li> <li>• Prep &amp; store for demo as requested in recipe</li> <li>• Label all mise en place items</li> <li>• Make sure to leave a portion of the onion, garlic, celery, spinach, tomatoes and cilantro intact for demo purposes</li> <li>• If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo</li> <li>• Ensure all equipment is in place and set up table with a tablecloth</li> <li>• Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe</li> </ul> <p><b>Estimated time for preparation:</b></p>	