

Homemade Blueberry Sauce

Ingredients:

2 cups (1 pint) fresh or frozen blueberries

1/3 cup warm water

1 tablespoon fresh lemon juice (if you don't have lemon juice, add another tablespoon of warm water)

1 ½ teaspoons corn starch

2 tablespoons granulated sugar, more as desired

Pinch of salt

½ teaspoon pure vanilla extract

1/8 teaspoon ground cinnamon

Directions:

Place the blueberries in a strainer and rinse under cold water. Remove any stems from the berries and discard them. If using frozen blueberries, it is best not to thaw them before making the sauce.

In a small bowl, use a fork to combine the water, lemon juice and cornstarch; set aside.

In a saucepan, add the blueberries, sugar and salt. Cook over medium heat for 3 minutes, using a wooden spoon or stiff spatula to smash the berries against the wall of the pan to release some of the juice. Taste the mixture and add more sugar if desired, one teaspoon at a time.

Next, add the cornstarch mixture and continue to cook over medium heat for 2 minutes, stirring often. Remove the pan from the burner and add the vanilla extract and cinnamon; stir until well combined. Let the sauce cool to room temperature – it will thicken considerably as it cools.

The sauce may be served while still warm if desired or stored in an airtight container in the refrigerator for up to one week. The sauce will become quite thick when refrigerated, so warm it up in the microwave for 10 to 15 seconds or on the stovetop to thin it out before serving.

To freeze, store in an airtight freezer container for up to 6 months. Thaw at room temperature or overnight in the refrigerator and serve cool or gently warmed (in the microwave or on the stovetop).

