



# BLUEBERRY SAUCE

By Dr. Cindy Tanzar  
(Standard/Maintenance)

This is when “thinking-outside-the-food-box” is really in your favor. Traditionally, we have always limited our thinking of blueberry sauce as something to be spooned warm over ice cream, but it’s much too healthy and delicious to avoid. Try spooning this sauce over stronger flavors of fish (like salmon), game (venison, etc.) or dark-meat chicken for a truly elegant dish. You can also mix blueberry sauce with our BBQ Sauce (page 32 of your manual), and use it when grilling chicken, as it adds a delicious, natural sweetness. As a great breakfast addition, spread it over our [Almond Flour Pancakes](#), too. It is also a great option for eating on the side of your meal as your fruit option, making it more like a dessert.

One serving equals 1/2 cup and covers your fruit for one meal.



## INGREDIENTS

3 cups fresh or frozen blueberries, divided  
(organic is always best)  
1/3 cup granulated Swerve  
2 Tbsp water



1 Tbsp fresh-squeezed lemon juice  
1/4 tsp ground cinnamon  
1/2 tsp pure vanilla extract

## **INSTRUCTIONS**

Add 2 cups of blueberries, Swerve, water, lemon juice and cinnamon to a medium-size saucepan on medium heat. After boiling, turn to low heat and simmer for 10 minutes, stirring occasionally.

Add the remaining 1 cup of blueberries and cook 5-8 minutes, stirring frequently, until the sauce is at your desired thickness (it will thicken some as it cools). Remove from heat and stir in the vanilla. Enjoy!