



berry sauce

SERVINGS

about 8,
1/4 cup servings

TIME

20 minutes

INGREDIENTS

- 3 cups berries, fresh or frozen
- 1 tablespoon freshly squeezed lemon juice
- 1/4 cup sugar
- pinch of salt

DIRECTIONS

- Combine berries, lemon juice, sugar, and salt in a saucepan. Bring to a simmer over medium heat, stirring occasionally, until the berries are cooked through and the sugar is dissolved. This will take the about 10 minutes.
- Mash the berries with the back of a spoon.

EQUIPMENT

- Sauce pan
- Liquid and dry measuring cups and spoons
- Wooden spoon
- Juicer or small bowl

TIPS TO INVOLVE THE KIDS

- Wash your hands!
- Designate an area to get a bit messy. Take all ingredients and equipment out ahead of time.
- Have your child measure out the berries, sugar, and pinch of salt into the sauce pan.
- Help your child squeeze the lemon using a juicer or small bowl
- Help your child with the stove, or let them watch you do this part.
- Once the stove is off, have your child help mush the berries with the back of a spoon.

EXTRA!

- Make some hot fudge to go with the berry sauce.

