

Blueberry Sauce over Cottage Cheese

Ingredients

- 4 cups frozen fruit
- 1 cup water
- 2 Tablespoons sugar
- 3 cups cottage cheese

Supplies

- Small saucepan
- Measuring spoons
- Measuring cups
- Fork or potato masher
- Serving bowl
- Covered container
- Stove

Steps

1. Add frozen fruit to sauce pan.
2. Add sugar (or honey) and water.
3. Simmer the sauce for 10 minutes.
4. Mash the fruit.
5. Allow the sauce to simmer until thick, about 10 more minutes.
6. Remove from the stove and put into storage container.
7. Let the sauce cool.
8. Serve.

Now, let's make this sauce!

- Put the frozen fruit into the saucepan.
- Add the sugar (or the honey if you decided to use that) and 1 cup of water.
- Set saucepan over medium heat and bring to a simmer, where it is just barely boiling. Let it cook for 10 minutes.
- After the sauce has had some time to simmer, mash the fruit with your potato masher or fork.
- Allow the sauce to simmer until it is thick, or about 10 more minutes.
- When the sauce is thick, take it off the stove and put it into the storage container.
- Let the sauce cool.
- To serve, spoon a half of a cup of the cottage cheese into a small serving bowl. Then put 2 Tablespoons of the fruit sauce on top.