

BLUEBERRY COMPOTE – SUGAR FREE

Prep time	Cook time	Total time
1 min	15-20 mins	16-21 mins

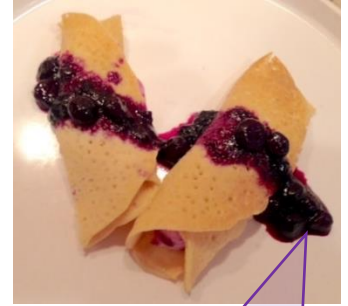
Ingredients

- 1 1/2 cup blueberries (~ 8oz)
- 1/2 cup water
- 2 TBSP fresh lemon juice (~juice of 1 medium sized squeezed lemon)

Instructions

1. Combine blueberries, water, & lemon juice in sauce pan
2. Bring mixture to a boil
3. Reduce to medium-low heat & gently boil until sauce thickens (~15-20min)
4. Let cool in medium bowl.
5. Refrigerate and use as a sauce.
6. Reheat and pour over pancake, etc...

Note: Blueberries are a lower sugar alternative to maple syrup



Blueberries are full of fiber and loaded with Vitamin C, Vitamin K, and Manganese. Compared to most fruits and veggies, blueberries have one of the highest antioxidants capacities. They are loaded with phytochemicals which can reduce DNA damage, and protect from cardiovascular disease, aging, and cancer. They can even improve brain function while protecting it from damage. Studies show blueberries can have anti-diabetic effects and may help prevent urinary tract infections.