



**French Toast Blueberry Sauce**

### **What You Need**

- 3 Cups frozen blueberries (or fresh)
- 1 Cup water
- 1/2 Cup Splenda (or sugar)
- 1 Rounded Tbsp. corn starch
- Saucepan
- Small bowl
- Whisk
- Cookie cutters (optional)

**Before You Start :**In a small bowl stir together corn starch and 3 Tbsp. of water mix well to dissolve and set aside. You can prepare your French toast while the blueberry sauce is cooking or make it before the toast is ready ( you'll need to re-heat it.)

**Let's Make It!** In a saucepan combine 2 cups blueberries, 1/2 cup of water and Splenda (or sugar) stir to combine. Heat over medium-high heat until you achieve a low boil (about 3-4 minutes) some blueberries will start to break apart. Add prepared corn starch and stir to combine. Bring back to a boil stir gently and reduce heat to low and simmer 3-5 minutes, or until sauce reaches a consistency similar to syrup. Note- you may need to add water, just a little bit, (about a tablespoon at a time) if the blueberry sauce gets too thick. Remove blueberry sauce from heat. Add the remaining blueberries and stir gently. Serve poured over the top of the French toast or on the side.

Makes enough blueberry sauce for 4-6 generous servings

\***Katie's Tidbits**, this is a wonderful sauce recipe for crepes too! ♥

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