



warm fruit sauce

Thaw frozen fruit in a microwave,
about 30 to 60 seconds. Try frozen strawberries,
blueberries, mixed berries or peaches.

Serve warm fruit sauce:

- Pour sauce over cooked oatmeal or breakfast cereal.
- Top yogurt with warm fruit and granola.
- Serve warm fruit over pancakes or waffles.
- Top cooked brown rice with warm fruit.



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