



# Fruit Sauce

by *BHHEC Kitchen*

[www.bhhec.org](http://www.bhhec.org)

[Health@BHHEC.org](mailto:Health@BHHEC.org)

605-255-4101 • (800) 658 5433 • P.O. Box 19, Hermosa, South Dakota, 57744

4 cups of fruit; fresh, canned or frozen

¼ cup apple juice concentrate

2 Tbsp. cornstarch

¼ cup water

1. Bring fruit and apple juice concentrate to a slow boil.
2. Add the cornstarch that has been mixed with the water.
3. Reduce heat and stir until thickened.
4. Serve hot or cold.