

Blueberry Syrup

Ingredients:

- 1 ¼ cups fresh or frozen blueberries
- 2 tbsp. water, if using fresh berries
- 2 ¼ tsp. fresh lemon juice
- 1 tsp. grated lemon zest
- 2 ¼ tbsp. dark honey
- 2 tbsp. light molasses
- Pinch of ground cloves



Nutrition Facts	
Serving Size 1/4 cup (57g)	
Servings Per Container 5	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 0g	
Vitamin A 0% • Vitamin C 8%	
Calcium 2% • Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



*GLUTEN-FREE



*SOY FREE



*DAIRY FREE

Directions:

1. To make the syrup, in a saucepan, combine the blueberries, water (if using), lemon juice and zest, honey, one tablespoon of the molasses, and cloves.
2. Bring to a boil over medium-high heat, then reduce the heat to low, cover and simmer until the berries burst and the juices are slightly thickened, about 5 minutes.
3. Frozen berries may take slightly longer to thicken. Set aside and keep warm.