



Raspberry Cane Syrup

This is good poured over pancakes, waffles, biscuits and even ice cream. It can also be a nice dipping sauce for bacon or other salty breakfast meats.

INGREDIENTS

1 cup cane syrup or maple syrup
1 cup frozen raspberries

DIRECTIONS

1. In a small saucepan, combine the syrup and raspberries.
2. Bring to a boil over medium-high heat, reduce the heat to medium.
3. Continue stirring frequently, and cook for approximately 5 minutes, or until the sauce has thickened.
4. Set aside to cool slightly before serving.

YIELD: approximately 2 cup

SERVING: 2 Tablespoon

NUTRITION

80 calories; 0g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 30mg sodium; 20g carbohydrates; 1g fiber; 19g sugar; 0g protein