

Recipe for: Berry Syrup

From: Janae March



INGREDIENTS

1 cup frozen blueberries or strawberries

1/2 cup honey (more or less to taste)



Thaw and warm frozen berries in microwave. Place warmed berries and honey in a blender and blend thoroughly. There will be some texture due to the skin or seeds of the berries, but this recipe is far healthier than corn-syrup based commercial syrups. Experiment with the ratio of berries to honey to find the thickness that suits you. Store leftover syrup in an airtight container in the fridge.

