Berry coulis

Recipe from Jess Tercier, Melville Senior High School Canteen

Traffic light category: Amber
Serves: 14 (approximately 40g)

Ingredients

- 500g frozen mixed berries (fresh seasonal berries can also be used)
- ⅓ cup caster sugar

Method

1. Place berries and sugar in a saucepan, bring to the boil
2. Simmer on low heat until berries have softened and sugar has dissolved
3. Blend with a stick blender until a liquid sauce is formed, set aside to cool completely. The sauce will thicken slightly on standing
4. Use as a topping on pancakes, crepes or waffles (see recipes on WASCA Website).

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	144kJ	359kJ
Protein	0.3g	0.9g
Total fat	0.0g	0.1g
Saturated fat	0.0g	0.0g
Carbohydrate	6.9g	17.2g
Sugars	6.8g	16.9g
Dietary fibre	2.0g	4.9g
Sodium	0.3mg	0.8mg

Supporting healthy choices

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