

# Summer Fruit Syrup

Total Cook Time: 15 minutes

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 2 TBSP (4 TBSP)\* cornstarch
- Serve with: waffles, pancakes, ice cream, yogurt, angel food cake, etc

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 TBSP (4 TBSP)\* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When pressure cooking is complete, use a natural release for 5 minutes, then release any remaining pressure. If foam spurts from the valve, flip the knob to sealed and wait 1 minute before releasing again. Repeat as needed.
4. Use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
5. Serve hot or cold on waffles, pancakes, ice cream, yogurt, etc.

## Slow Cooker Cooking Directions:

1. Place frozen meal in slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, or until the fruit is soft. Continue with steps 4-5.

## Leftover Suggestions:

- Store leftovers in the refrigerator for up to 1 week. The syrup will thicken a bit when chilled

## Notes:

- Don't over-thicken—add just enough cornstarch slurry to reach the consistency of store-bought maple syrup. Keep in mind it will thicken further as it cools.

## Nutrition Facts

4 servings per container

**Serving size**  
**1 cup (206g)**

**Calories per serving** **150**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 1g	<b>1%</b>	<b>Total Carbohydrate</b> 36g	<b>13%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 5g	<b>18%</b>
Trans Fat 0g		Total Sugars 29g	
<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 12g Added Sugars	<b>24%</b>
<b>Sodium</b> 0mg	<b>0%</b>	<b>Protein</b> 1g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.4mg 2% • Potassium 100mg 2%  
Vitamin A 30mcg 2% • Vitamin C 5mg 6%

INGREDIENTS: BLUEBERRIES, SUGAR

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

