

# Macerated Berries

## Diabetes Friendly

Serves 5 (~1/3 cup serving)

### Ingredients

2 cups mixed berries (slice larger ones)

¼ cup sugar

### Instructions

1. Combine berries with sugar. Stir and watch as they transform into a vibrant, juicy sauce. The longer they sit, the more juice it will make. About a ½ hour is perfect.

2. Serve over ice cream, pancakes, or shortcake.

\*For a float, alternate the berries with scoops of ice cream and top it all off with seltzer

\* For a parfait, alternate the berries with Greek yogurt, starting with yogurt and ending with berries

Nutrition Facts	
Amount Per Serving	
<b>Calories</b>	<b>65</b>
	% Daily Value*
<b>Total Fat</b> 0.3g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
Polyunsaturated Fat 0.1g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0.7mg	<b>0%</b>
<b>Total Carbohydrates</b> 16g	<b>6%</b>
Dietary Fiber 2.2g	<b>8%</b>
Sugars 13g	
<b>Protein</b> 0.6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 11mg	<b>1%</b>
Iron 0.3mg	<b>2%</b>
Potassium 76.8mg	<b>2%</b>
<b>Caffeine</b> 0mg	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

