

Blueberry Cranberry Sauce

Recipe makes: 6 servings ($\frac{1}{4}$ cup per serving)

Preparation time: 5 minutes

Cook time: 15 to 20 minutes

Equipment: (1) one set of measuring cups, (2) one set of measuring spoons, (3) one medium pot, (4) one medium pot, (5) one metal spoon, (6) one small airtight container

What you need to make this recipe: **How to make Blueberry Cranberry Sauce:**

- ✓ 2 cups of fresh or frozen blueberries
 - ✓ 1 cup fresh or frozen su'n (cranberries)
 - ✓ 1 tablespoon lemon juice
 - ✓ 1 tablespoon pure maple syrup
1. Put the blueberries, cranberries, lemon juice, and maple syrup a medium pot.
 2. Turn the stove or hot plate on to medium high heat. Put the pot, uncovered, on the heat.
 3. Cook the berry mixture for 5 to 10 minutes, stirring often using a metal spoon. When the berries start to soften, use the back of the spoon to mash the berries until a sauce is formed.
 4. When the sauce is bubbling, turn the heat down to low. Cook the sauce for another 10 minutes.
 5. Take the Pot off the stove or hot plate. Let the sauce cool for 10 to 15 minutes.
 6. Serve the sauce on pancakes or plain yogurt.

Nutrition and recipe information on the next page.

Blueberry Cranberry Sauce

Nutrition Facts		
Per 1 serving (¼ cup)		
Calories	70	% Daily Value*
Fat 0.5 g		1 %
Saturated 0 g		0 %
+ Trans 0 g		
Carbohydrate 15 g		
Fibre 3 g		11 %
Sugars 8 g		8 %
Protein 1 g		
Cholesterol 0 mg		
Sodium 5 mg		1 %
Calcium 20 mg		2 %
Iron 0.3 mg		2 %
Vitamin A 0 µg		0 %
Vitamin C 16 mg		18 %
5% or less is a little , 15% or more is a lot		
Nova Scotia School Food and Beverage Standard: Maximum		

Allergy information:

This recipe does not contain any priority allergens.

About this recipe:

P'kumanaqsi (berries) are an important part of the traditional Mi'kmaq diet, and are still an important cultural food today. Traditionally, berries were eaten fresh or dried and stored for the winter.

Mi'kmaw would travel to Maine and other areas of Mi'kma'ki to harvest and sell blueberries. Mi'kma'ki knew blueberries and other berries were ready for harvest based on the moon calendar. Kisikewiku's or the berry-ripening moon is the moon cycle between August and September, and is a sign that blueberries, blackberries, and raspberries are ready for harvest. Cranberries ripen later and are harvested in the fall months.

Blueberries contain flavonoids. Flavonoids are a plant chemical and a type of antioxidant. Other antioxidants include vitamin C, vitamin E, the mineral selenium, and carotenoids, another plant chemical. Antioxidants are also found in whole grains, nuts and seeds, beans and legumes, and other fruits and vegetables. Antioxidants help protect your body's cells from damage. Including foods that contain antioxidants in your diet may help lower your risk of heart disease and diabetes.

Storage information:

The Blueberry Cranberry Sauce can be stored in an airtight container in the fridge for up to 2 weeks.

