

Blueberry Syrup

Ingredients:

- 2 1/2 c. blueberries (can use blackberries or other fruits/berries too)
- 1 c. sugar (*I have been using [Stevia](#) in place of the sugar but you may want to try the liquid version for this recipe*)
- 1-2 T. honey, optional
- 1/2 c water
- a pinch of [mineral salt](#)
- 1 t lemon juice

For a thicker syrup:

- 2 T. cornstarch mixed with 1/4 c. water (*optional*) -OR-
- 1/4 - 1/2 t. [Glucomannan powder](#) (*or use Xanthan Gum*)

Directions:

Mix blueberries, sugar, salt, honey, and water together using a whisk in a small saucepan over low heat until sugar is dissolved about 5 minutes.

Increase heat to medium and bring to a gentle boil, stirring often, until syrup is thickened about 15 minutes.

You can gently mash the berries with a potato masher if desired.

If you want a thicker syrup:

Gently shake the [Glucomannan powder](#) into the syrup mixture and whisk vigorously.

Cook an additional 3-5 minutes or until thick, stirring constantly.

Stir in lemon juice into syrup; serve immediately or cool.

The syrup will continue to thicken as it cools.