

# Simple Strawberry Syrup

*allrecipes.com - February/March 2019*

**Yield: 1 cup**

*1 cup sugar*

*1 cup water*

*2 cups strawberries,  
quartered*

In a saucepan over medium-high heat, stir together the sugar and water until the sugar is dissolved.

Add the strawberries. Bring to a boil. Boil for 10 minutes. Reduce the heat to medium-low. Simmer until the consistency of syrup, about 10 minutes.

Strain the liquid through a fine-mesh sieve into a resealable jar, pressing the solids to extract the liquid.

Chill.

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Per Serving (excluding unknown items): 863 Calories; 1g Fat (1.0% calories from fat); 2g Protein; 220g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 1 1/2 Fruit; 13 1/2 Other Carbohydrates.