

Prune Raisin Sauce

*From Minnesota: More Than a Cookbook
Best of the Best from Minnesota Cookbook*

Yield: 2 1/2 cups

*2 cups water
10 to 15 prunes
1/3 cup raisins
1/2 to 1 teaspoon
cornstarch
1 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon sugar
dash salt*

In a saucepan, heat the water to boiling. Add the prunes and raisins. Reduce the heat. Simmer about 25 minutes.

Thicken, starting with 1/4 teaspoon of cornstarch, keeping the liquid not too thick.

Add the spices, sugar and salt. Add more boiling water if the sauce is too thick.

Per Serving (excluding unknown items): 608 Calories; 1g Fat (1.6% calories from fat); 4g Protein; 153g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 30mg Sodium. Exchanges: 4 Grain(Starch); 6 Fruit; 0 Fat; 0 Other Carbohydrates.