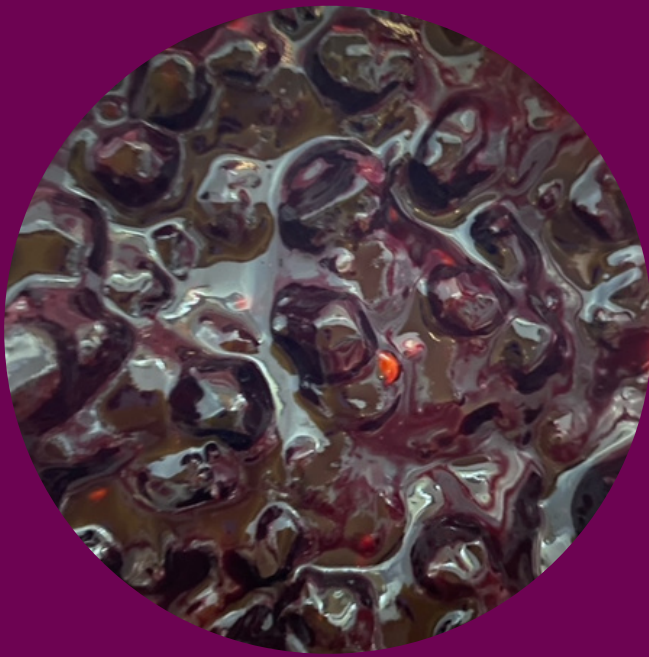


SASKATOON BERRY PIE FILLING



INGREDIENTS

- 4 cups freshly picked saskatoonberries
- 1 1/4 cup water
- 3/4 cup granulated sugar
- 3 tbsp cornstarch (or until thick enough)
- 1 tsp. fresh lemon juice
- 1 drop Doterra Lemon essential oil
- 1/2 tsp salt
- 1 tbsp milk

PREP TIME

- Picking | 20 m
- Prep | 20 m
- Cook | 20 m
- Ready in | 1 hr

PROCEDURE

- 01** Add all sauce ingredients to a medium saucepan and cook over medium- high heat, stirring frequently. * if using fresh berries, add an additional 1/4 cup of water
- 02** Let the berries simmer until soft and the mixture is thickened - about 15 minutes.
- 03** The mixture will be as thick as jam when it's ready (see my VIDEO in NOTES). * you will be tempted to remove it too soon, but just keep stirring constantly so it doesn't burn to the bottom of the pan.
- 04** Remove from heat and cool.