



Dried Fruit Compote

Serves 6

This dessert is the perfect sweet ending to a meal. Try serving it with plain yogurt, low fat sour cream or low fat ricotta cheese.

2 cups water

½ cup sugar

½ tsp. ground cinnamon

¼ tsp. ground cloves

¼ tsp. salt

¾ cup dried apricots (4 ounces)

¾ cup dried pitted plums (prunes) (4 ounces)

¾ cup dried pear halves, cut in half (4 ounces)

- Stir water, sugar, cinnamon, cloves and salt in a large saucepan over medium-high heat until the sugar dissolves. Add apricots, prunes and pears and bring to a simmer. Cover, reduce heat and simmer slowly for 30 minutes.
- Uncover and continue simmering slowly until thickened, about 10 minutes. Let cool completely before serving. Serve at room temperature or chilled.

Recipe adapted from Eating Well magazine.

Nutritional Information (per serving):

Calories: 214

Carbohydrate: 54g

Total Fat: 0g

Dietary Fiber: 4g

Saturated Fat: 0g

Protein: 1g