

## Comforting Winter Fruit Compote

This versatile fruit compote is a warm and comforting way to enjoy the natural sweetness of fruits infused with layers of flavor from health-supportive, warming spices, ginger and cinnamon. This is delicious on its own or served over oatmeal, yogurt, waffles, pancakes, or chia seed pudding.

**Prep time:** 5 minutes      **Cook time:** 15 minutes      **Total time:** 20 minutes

**Makes:** ~2 cups

### Ingredients

- 1 pound (16 ounces) fresh or frozen fruit (apples, pears, peaches, berries, cherries, etc.), thinly sliced or cut into bite-sized pieces
- ½ cup dried fruit such as dried apricots, figs, and/or cherries
- ¼ cup 100% apple juice (or sub water)
- Optional: 1 tablespoon honey or maple syrup
- 1 cinnamon stick
- Optional: 1-2 teaspoons grated ginger or ½ teaspoon dried ginger
- Dash of salt



### Instructions

1. Combine the fruit, dried fruit, apple juice, sweetener, cinnamon stick, optional ginger and salt in a medium saucepan. Bring the mixture to a boil over medium-high heat, stirring occasionally. Note: frozen fruit will take a little longer to reach boiling point.
2. Once boiling, lower the heat and simmer for approximately 10-15 minutes until the compote has reduced to about half of its original volume. If you'd like a smoother consistency, mash the fruit up with a potato masher or a fork.
3. Enjoy by itself or served over oatmeal, yogurt, waffles, pancakes, or chia seed pudding.

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