

Fall Fruit Compote

- 2 cups water
- 3/4 cup dried apricots
- 3/4 cup dried plum or prunes
- 1/2 cup dried apples
- 1/2 cup dried cranberries
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- Up to 1/2 cup sugar



1. Combine water, dried fruit, spices and salt in a large saucepan over medium-high heat. Bring to a simmer. Cover, reduce heat and simmer 15-20 minutes or until fruit is tender.
2. Gently stir in sugar to taste and simmer, uncovered, about 10 minutes or until thickened. Serve warm, at room temperature or cold.

Serving Ideas: Serve as a side dish with breakfast or with roast pork or as a sauce over angel food cake.

Serves 6.

Nutrition Facts (with 1/2 cup sugar)		
Servings per recipe: 6		
Calories 202		
	% Daily Value	
Total Fat trace		1%
Saturated Fat	trace	0%
Cholesterol 0mg		0%
Sodium 101mg		4%
Carbohydrate 53g		18%
Dietary Fiber	4g	17%
Protein 1g		2%
Vitamin A: 32%	Vitamin C: 2%	Folacin: 1%
Calcium: 3%	Iron: 8%	Potassium: 12%