



## 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