

Maple Fruit Compote with Honey-Ginger Toasted Nuts (from Institute for Integrative Nutrition)

Ingredients

2-3 medium apples
2-3 medium peaches or pears
2 tablespoons maple syrup
1/2 cup raisins
freshly squeezed juice from one medium-sized lemon
1 teaspoon cinnamon (preferably Ceylon cinnamon)
1 cup walnuts or nuts of your choice
1/2 teaspoon fresh ginger (peeled and minced)
2 tablespoons raw, local honey

Directions

Wash, core and chop fruit into slices or chunks. Place in a large saucepan with 1/3 cup water. Add the maple syrup and raisins. Cook over medium heat, stirring occasionally, for 10 minutes.

Add lemon juice and cinnamon. Cook for another 10 minutes, until soft.

While fruit is cooking, place chopped nuts in a skillet over medium heat and toast, stirring often, for 5 minutes.

Drizzle honey over the nuts and add ginger, but keep stirring since the honey can easily burn.

Top warm fruit with toasted nuts and enjoy. Serves 4.

Preparation time: 10 minutes, Cook time: 20 minutes, Total time: 30 minutes

Dietary Compliance

dairy-free, egg-free, gluten-free, vegan, vegetarian

Allergy Alert

Tree nuts