



APPLE BERRY FRUIT COMPOTE



Ingredients

- 1 cup diced apples, peeled or unpeeled - your choice
- 2 cups assorted fresh or frozen berries
- 2 cups water (add less if using frozen fruit)
- ¼ cup lemon juice
- 1 tsp lemon zest
- ⅛ tsp salt
- optional: 2 tbsp honey or sugar



Instructions

Prep Time
20 mins

Cook Time
40 mins

1. Peel the apples if desired, then dice into small pieces.
2. Wash the berries, if using fresh ones. Remove the pits, if you're using cherries.
3. Zest the lemon, then cut the lemon in half and extract the juice using a fork or hand juicer.
4. Add all the ingredients to the cooking pot. Bring to a boil over high heat.
5. Once boiling, reduce the heat to medium low. Let the fruit simmer over medium-low heat for 30-40 minutes, or until all the liquid is gone and the fruit has melted into a thick jammy consistency.
6. Serve the warm compote right away. You can also transfer the compote to a storage container, but let it cool at room temperature for 1 hour before covering with a lid and refrigerating. Store covered compote in the fridge for up to 2 weeks.