

Cherry-Peach Fruit Compote

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 6 servings | Serving Size: ~½ cup

Ingredients

- 1 (16-ounce) bag frozen sliced peaches (unsweetened)
- 1 (12-ounce) bag frozen pitted dark cherries (unsweetened)

Directions

1. Add the peaches and cherries to a medium saucepan.
2. Bring the mixture to a boil over medium-high heat.
3. Reduce heat to medium-low to maintain a gentle simmer.
4. Cook until the fruit mixture is warm and syrupy, stirring occasionally, about 10-12 minutes.
5. Serve warm or cold over Greek yogurt, pancakes, or oatmeal.

Recipe Notes

- Substitute any other unsweetened fruit for the peaches or cherries as desired. Consider one of these flavor combinations: peach and raspberry, strawberry and rhubarb, or mixed berries.
- This recipe can be prepared in the microwave. Microwave the fruit in a microwave-safe bowl at high power (default setting) for 2 minutes, then stir. Continue to microwave in 1-minute increments, stirring after each minute, until the fruit is syrupy.
- Refrigerate any leftovers for 5-7 days.



Nutrition Facts Per Serving: Calories: 55 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 0 mg | Total Carbohydrate: 13 g | Dietary Fiber: 2 g | Protein: 1 g

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