

Microwave Berry Compote

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

Yield: 4 servings | Serving Size: ~¼ cup

Ingredients

2 cups frozen berries (mixed or a single variety)

1½ teaspoons cornstarch

1 pinch salt

1-2 tablespoons sugar or honey, to taste (optional)

Directions

1. Add the berries, cornstarch, and salt to a microwave-safe bowl.
2. Toss to combine until the cornstarch is no longer white.
3. Microwave on high power (default setting) for 2 minutes.
4. Stir, then continue microwaving on high power (default setting) until slightly thickened and warmed through, about 2-3 minutes more.
5. Let cool until not too hot to taste, about 2-4 minutes, then add the sugar or honey (if using). Stir to combine.
6. Serve right away, or chill before serving if desired.

Recipe Notes

- This compote will keep in the refrigerator for up to 7 days, or in an airtight container in the freezer for up to 6 months.
- This compote works well as a topping for yogurt, oatmeal, ice cream, pancakes, French toast, or savory items like fish or chicken.
- For a boost of flavor, add citrus zest, citrus juice, ground spices (e.g. cinnamon, ginger), and/or chopped fresh herbs (e.g. mint, basil).
- Another fruit can be used in place of some or all of the berries. Add 1 tablespoon of water for every cup of chopped fresh fruit.



**Nutrition Facts Per Serving: Calories: 60 | Total Fat: 0.5 g | Saturated Fat: 0 g
Sodium: 40 mg | Total Carbohydrate: 14 g | Dietary Fiber: 2.5 g | Protein: 0.5 g**

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