

Fruit Compote

Ingredients

Apple, any variety	1 small (~113 grams chopped)
Pear	1 small (~113 grams chopped)
Banana	1 small (~85 grams chopped)
Raisins	1/4 cup (40 grams)
Vegetable oil	1 tsp
Butter	1 Tbsp
Sugar	1 Tbsp
Orange juice (or any other fruit juice)	1/3 cup
Nutmeg	Pinch
Cinnamon	Pinch
Low protein porridge (optional)	1 Tbsp

Directions

1. Chop apple, pear and banana.
2. Saute all apple, pear, banana and raisins in oil until heated through.
3. Add butter, sugar, orange juice and spices. Stir to blend.
4. Bring to a simmer for 3-4 minutes until thickened.
5. If mixture is too watery, add 1 Tbsp low protein porridge to thicken. If too thick, add 1 Tbsp water or fruit juice.

Yield: ~2 cups (410 grams)

Serving size: 1/2 cup (102 grams)

servings: 4

Serving suggestions:

- Serve warm over porridge or pancakes
- Wonderful by itself or with whipped topping as a dessert

Nutrition Facts

	Per Recipe	Per 1/2 cup Serving
Calories:	566	142
Protein:	3.6 grams	0.9 grams
Phe:	90 mg	23 mg (1 1/2 exchanges)
Leu:	148 mg	37 mg (1 1/2 exchanges)
Met:	70 mg	18 mg
Ile:	75 mg	19 mg

Variations

- Any hard or semi-hard fruits can be used
- Any dried fruits such as cherries, cranberries or currants can be used in place of the raisins
- Add 1/4 tsp vanilla and/or a splash of brandy or liquor for a flavor twist