

# Dried Fruit Compote

Dried fruit compote makes a delicious, healthy breakfast, snack or dessert, rich in vitamins C and E.



**Prep Time: 15 minutes**

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**Cook time: 1 hour**

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## INGREDIENTS

**Yield: 8 servings**

- 1-1/2 lb mixed dried fruit, cut into bite-sized pieces
  - Zest of 1 orange
  - Juice of 3 oranges
  - 2 cups water
  - 1 cinnamon stick
  - 2 cloves (optional)
  - 1 star anise (optional)
  - 2 tablespoons honey or molasses (optional)
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## PREPARATION

- Place all the ingredients in a medium saucepan and simmer for 1 hour.
- Can also puree in food processor for a smooth consistency
- Serve warm with yogurt/non dairy yogurt

Nutrition and Recipes created by Paula Montagna, MS, RD, CDN, CNSC, Director of Clinical Nutrition at Stony Brook Southampton Hospital



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