



Blueberry Compote

This recipe makes for a great topping. You may use other fruits or even try a combination of fruits and berries.

<u>U.S.</u>		<u>Metric</u>
1 pint	Blueberries, frozen	284 g
1 Tbsp	Sugar, Granulated	15 g
2 tsp	Water	10 mL
1/2 tsp	Lemon Zest	2.5 g
1 tsp	Lemon Juice	5 mL

Preparation:

1. Gather all ingredients and equipment.
2. In a small saucepan over medium heat, add all the ingredients. Simmer for 20 minutes.
3. Remove from heat and let cool slightly. Serve warm.

**** Nutrition Facts on Reverse**

Nutrition Facts

4 Servings

Serving size **1/4 cup**

Amount per serving

Calories **52**

Calories from Fat 0

Total Fat 0 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 0 mg

Total Carbohydrate 12 g

 Dietary Fiber 2 g

 Total Sugars 9 g

 Includes 3g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 0 %

Iron 0 %

Potassium 40 mg

Phosphorus 0 mg
