

APRICOT, PRUNE & TEA COMPOTE

INGREDIENTS

- 1 C** Apricots (dried) (225 grams)
- 1 C** Prunes (pitted) (225 grams)
- 3 C** Tea (Earl Gray) **OR** another light tea
- 1/2 C** Sugar substitute **OR** Sugar
- 4 slices** Ginger (fresh) (60 mm thick) (optional)
- 1** Lemon **OR** orange (cut in thin rounds) (discarding ends) (remove seeds)
- 1** Cinnamon stick (optional)



DIRECTIONS

- 1** Put prunes & tea in a glass bowl.
- 2** Cover with a plate to keep the prunes submerged in the tea
- 3** Allow to soak for 2 hours **OR** overnight at room temperature
- 4** Gently transfer the prunes & their soaking liquid to a medium saucepan
- 5** Add apricots & if necessary add about 1/2 C water or enough to nearly cover the fruit
- 6** Add the sugar & ginger
- 7** Cook over low heat, stirring very gently until the sugar dissolves
- 8** Cover & cook over low heat for 10 minutes
- 9** Add lemon slices to the mix
- 10** Continue cooking for 5 minutes or until the apricots & prunes are tender
- 11** Transfer the mix to a bowl & let it cool
- 12** Remove ginger slices (optional) & add cinnamon stick (optional)
- 13** Serve cold

NOTE

6 - 8 servings