



Honey-Ginger Compote

Traditional in Mediterranean cooking, honey tastes so sweet, all you need is a little. Imagine the good impression this spicy fruit compote will make when you bring it to the table in tall stemmed glasses! Add a sprig of mint to each serving for refreshing pizzazz.

¼ cup apple juice, apple cider or unsweetened pineapple juice

2 tsp honey

1 tsp finely chopped crystallized ginger

1 tsp lemon juice

1½ cups assorted fruit (such as raspberries; cubed melon, peaches, mango or pears; sliced starfruit [carambola] or kiwifruit; halved grapes; pitted sweet cherries; and/or chopped pineapple)

2 tbsp vanilla low-fat yogurt (optional)

- 1.** In a small saucepan, combine apple juice, honey, crystallized ginger and lemon juice. Bring to a boil over medium heat, stirring constantly. Transfer mixture to a small bowl; cover and chill at least 4 hours. (*Can be stored in an airtight container in the refrigerator up to 2 days.*)
- 2.** Spoon assorted fruit into tall stemmed glasses or dessert dishes. Pour honey mixture over fruit. Spoon yogurt on top of fruit mixture (if using). Makes 2 servings.

Nutrition Facts per serving: 103 cal., 0 g total fat, 0 mg chol., 10 mg sodium, 27 g carb., 1 g fiber, 1 g protein.