Warm Apple Cherry Compote

Source: Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermyer

This simple dessert can be served in endless variations. Feel free to change up the fruits for fun, and top with a little low-fat granola for a delicious treat.

About the Recipe

144 Calories · 0.8 g Protein · 4 g Fiber
Dessert
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 3 apples, cored and chopped
- 1 c (140 g) pitted cherries, fresh or frozen and thawed
- 1/4 c (60 mL) unsweetened apple juice
- 1/8 tsp (0.6 mL) iodized salt
- 2 tbsp (30 mL) maple syrup
- 1 1/2 tbsp (22.5 mL) cornstarch diluted in 2 tbsp cold water
- 1/2 tsp (2.5 mL) ground cinnamon
- 1 tsp (5 mL) pure vanilla extract

Directions

1. Combine the apples, cherries, apple juice, salt, and maple syrup in a medium saucepan. Cover and bring to a gentle boil over medium-high heat.
2. Reduce the heat to low and simmer, covered, for 5 minutes, or until the fruit is soft.

3. Slowly add the diluted cornstarch, stirring constantly to prevent lumping, until the mixture becomes thick.
4. Stir in the cinnamon and vanilla and turn off the heat. Serve warm (or refrigerate and serve chilled).
5. Note: Kudzu root starch can be used in place of the cornstarch for an even healthier dessert. Kudzu is known for its alkalizing effects.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 143 kcal
Fat: <0.5 g
    Saturated Fat: 0 g
    Calories From Fat: 2%
Cholesterol: 0 mg
Protein: 1 g
Carbohydrates: 32 g
Sugar: 27 g
Fiber: 4 g
Sodium: 78 mg
Calcium: 28 mg
Iron: 0.4 mg
Vitamin C: 9.1 mg
Beta-Carotene: 52 mcg
Vitamin E: 0.3 mg