



PEACH AND BLUEBERRY COMPOTE

By Dr. Cindy Tanzar
(Standard, Vegetarian/Vegan and Maintenance Plans)

This recipe is absolutely delicious! You can enjoy it year-round by using frozen peaches, too. A compote is basically fruit stewed in syrup with a variety of spices, flavors and vanilla. In this recipe the syrup it creates on its own is amazing. Makes 4-5 servings. Because the fruit cooks down, one serving of this recipe is 3/4 cup and covers your fruit for one meal.



INGREDIENTS

- 1-lb bag of frozen peaches or fresh, sliced peaches
- 6 oz. fresh blueberries
- 1/3-1/2 cup water
- 1 tsp. ground cinnamon
- 1/2 tsp. Pink Himalayan salt
- 1 tsp. vanilla extract
- Plain or Vanilla stevia drops, to taste (optional)



INSTRUCTIONS

Combine all the ingredients, except blueberries, in a heavy-bottomed pot or nonstick skillet over medium-low heat. Stir until ingredients are combined.

Bring them to a simmer, cover and reduce the heat to low. Let simmer for 15 minutes (stirring every 5-7 minutes), then remove cover and add the blueberries. Simmer for 5 -7 minutes or until blueberries are cooked down but still intact. Add a bit more water, if needed.

For a saucier compote simmer for 20 minutes all together or 35-40 minutes for a thicker compote. You can leave the peach slices whole or break them down gently as they cook using the end of your spatula or spoon.

Can be served warm or cold.