

Poached Fruit Compote



A Health Being Institute recipe, this is a delicious alternative to sugary and fatty deserts.

It is quick and easy to prepare and make. It can be enjoyed hot or cold.

Ingredients

- Dried figs
- Dried prunes
- Dried apricots
- Raisins
- Fresh dates
- Fresh apples
- Cinnamon stick
- Cardamom pods
- 3 - 4 cloves
- A pinch of saffron
- Honey
- Pomegranate seeds
- Marigold petals

Method

Combine the dried figs, prunes and apricots with the raisins, fresh dates and apples. Put them in a pot with water and bring to the boil.

Reduce heat and add the cinnamon stick, a few cardamom pods, 3 - 4 cloves and a pinch of saffron.

Add honey to taste. Cook until fruit is soft.

Add the pomegranate seeds to finish and marigold petals for colour.

For more information:

Health Being Institute
www.healthbeing.co.uk

Woking & Sam Beare Hospices
www.wsbhospices.co.uk