



Cornell Health & Nutrition Balanced Choices for Life

Recipes

Breakfast: Maple Fruit Compote with Honey-Ginger Toasted Nuts

8 servings

Compote:

- 2-3 peaches or pears
- 1/3 cup water
- 2 tablespoons maple syrup
- 1/2 cup raisins or dried cranberries
- Juice of 1 lemon
- 1 teaspoon cinnamon

Nut Topping:

- 1 cup walnuts or other nuts of your choice
- 1/2 teaspoon fresh ginger, minced
- 2 tablespoons honey

Directions

1. Wash, core and chop fruit into slices or chunks.
2. Place in a large saucepan with water. Add the maple syrup and raisins.
3. Cook over medium heat, stirring occasionally for 10 minutes.
4. Add lemon juice and cinnamon. Cook for another 10 minutes, until soft.
5. While fruit is cooking, place chopped nuts in a dry skillet over medium heat and toast, stirring often, for 5 minutes.
6. Drizzle honey over the nuts and add ginger; stir to keep honey from burning until honey melts completely and nuts are coated. Remove from heat.
7. Top warm fruit with toasted nuts and enjoy over toaster waffles, pancakes or in oatmeal.

© 2009 Cornell Health and Nutrition