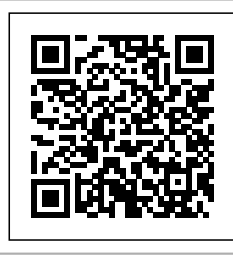


Berry Compote



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Recipe by: Laura Vitale

Makes about 4 cups

Prep Time: minutes

Cook Time: minutes

Ingredients

__ 4 cups of Fresh Mixed Berries, you can use frozen (just make sure to thaw them before cooking)

__ 1 cup of Sugar

__ Zest of 1 Orange

__ 2 tsp of Corn Starch

__ 1 Tbsp of Orange Juice or Water

1) In a small bowl, dissolve the corn starch in the orange juice and set aside.

2) In a medium saucepan, combine the berries, sugar and orange zest. Cook over medium high heat and bring to a boil stirring often until the sugar dissolves.

3) Add the cornstarch mixture and cook for 1 more minute (overcooking will make the fruit disintegrate).

4) Let it cool to room temperature and enjoy over pancakes, waffles, muffins, or even in parfaits.

