

Super Apple Compote



This recipe can be made ahead and stored in the refrigerator for a week. Use it warmed and mixed into Greek yogurt or between a whole wheat pancake "sandwich". A quick to prepare "on the go" breakfast or lunch!

Ingredients: (*sf*-superfood, *asf*-almost super food)

2	apples, pared, cored & chopped (<i>sf</i>)	1	squeeze of fresh lemon juice
1/2 tsp.	ground cinnamon	1	small pat of butter
1/2 tsp.	ground cloves	1/2 cup	apple juice (<i>sf</i>)
1/2 tsp.	cardamom	1 Tbls.	honey (<i>optional</i>)

Directions:

Combine all ingredients in a heavy saucepan. Simmer, semi-covered over medium heat approximately 20 minutes or until the apples are tender. Lightly crush the apples with a fork to break them down a little. Store in a covered container in the refrigerator for up to a week

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