

# Winter Fruit Compote

## Ingredients:

- 200ml bottle Resource® Fruit – Pear-Cherry flavour
- 225g (8oz) pack of dried fruits, e.g. apricots, sultanas, figs, dates or prunes



1-2 SERVINGS

## Method:

- Place the dried fruits in a glass bowl and pour over the Resource® Fruit.
- Cover and place in the refrigerator overnight, to soften the fruit and allow the flavours to mingle.

## Alternative suggestion:

Fruit compote mixed with yogurt makes a delicious dessert.  
Alternatively add to your favourite breakfast cereal and enjoy in the morning.