



Summer Compote

Instructions:

Place all the ingredients in an 8 x 8 pan.
Preheat oven to 350 and bake for 30 minutes.

3/4 of a cup counts as 1 snack

Prep Time:

10 minutes

Cook Time:

30 minutes

Ingredients:

5 peaches - quartered
5 apricots - halved
2 pears - cubed
2 TBSP. water