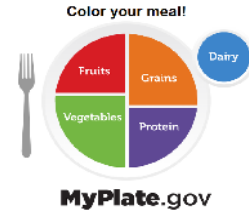




FALL FRUIT COMPOTE



Ingredients:

- 3 medium pears**
- 2 medium apples**
- 1 cup grapes**
- 1 cup raisins**
- 1 teaspoon ground cinnamon**

- 1/4 teaspoon ground nutmeg**
- 1 1/4 cup apple juice or cider**
- 1/4 water**
- 2 Tablespoons cornstarch**

Directions:

1. Wash and remove core from fruit and cut into 1 inch pieces. Add fruit to a medium pot with cinnamon, nutmeg and apple juice. Bring to a boil and simmer for 10-15 minutes.
2. Strain the fruit over a small bowl, reserving the liquid. Return the liquid to the pot, add corn starch and cook on low to thicken slightly. Remove from stove and let cool.
3. Pour thickened juice mixture over fruit and stir. Cool and serve right away.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Mention **Gleaners** when speaking with your SNAP representative.

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LÍNEA DE AYUDA



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