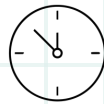




BERRY COMPOTE



Prep time
5 min



Cooking time
5 min



Portions
Makes 1 cup



Berry Compote

Chef Notes

- Add lemon juice to bring out the flavour and make the sauce zingy.
- This compote can be used on oats, with yogurt and on waffles.
- The compote can last in the fridge for a few days. Make a jar and use during the week.
- Taste compote when finished cooking and add more honey or lemon juice if needed.
- Chia seeds can be used to make Chia puddings

Ingredients

2 cups raspberries (but any berry could be used)
2 tbsp chia seeds (for thickening + fibre) but if not using just simmer sauce longer to reduce.
2 tbsp honey or maple syrup
1tsp vanilla extract
a squeeze of lemon juice

Equipment

measuring cups
measuring spoons
saucepan
jar
wooden spoon
juicer
knife

Method

Step 1

Place the berries in a small saucepan over medium heat. Cook for 3-5 minutes, stirring occasionally, until they start to break down and become juicy

Step 2

Stir in the honey or maple syrup, vanilla extract, and a squeeze of lemon juice. Cook for another 1-2 minutes.

Step 3

Remove from the heat and stir in the chia seeds. Let the mixture sit for 5-10 minutes to thicken naturally as the chia seeds swell.

Step 4

Serve warm or cool. The compote will thicken further as it cools-perfect for pancakes, a parfait, yogurt, or toast.

Skill Badges

