

Fresh for Kids®

Apple, pear & honey compote



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Preparation about 15 minutes (+ cooling time)

Cooking about 10 minutes

Serves 4-6

Make this compote in advance and store in an airtight container the fridge so it's ready to serve for breakfast or dessert.

3 Golden Delicious apples

2 Beurre Bosc pears

2 tbs honey

2 tbs water

1. Peel and roughly chop apples and pears. Place in a medium shallow ovenproof dish.
2. Drizzle fruit with honey and water. Toss to combine. Cover and microwave on high, carefully removing cover and stirring once, for 10 minutes or until very tender. Set aside for 15 minutes to cool slightly and serve. Alternatively, spoon into an airtight container and store in the fridge for up to 4 days.

Serving suggestions:

- Team apple, pear and honey compote with vanilla yoghurt, custard or ice-cream for dessert.
- Spoon over hot porridge, crunchy muesli or thick natural yoghurt for breakfast.
- Serve with toasted waffles and serve with ice-cream.

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Golden Delicious apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep kids regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means it is digested and releases its energy slowly.

For fresh fruit and vegetable recipes visit
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