



Honey Roasted Cranberry Orange Compote

(Makes 2 cups)

Make a batch of this tangy compote that makes a perfect topping for warm oatmeal, scones or muffins.

4	cups	fresh or frozen cranberries	1 L
1		juice and zest of 1 large fresh orange	1 L
1/2	cup	liquid honey	125 mL
		optional, granulated sugar or additional honey, to taste	

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In large bowl, toss cranberries with orange juice, orange zest and honey.
3. Transfer cranberry mixture to baking sheet. Cover with foil and roast for 30 minutes. Remove from oven and allow to cool fully. Store in sealed container in the fridge.
4. If desired, sweeten compote further, to taste, with additional honey or a bit of sugar.

Per serving: 98 calories, 26 g carbohydrate, 3 g fibre, 2 mg sodium, 0 g fat, 0.5 g protein

