

Mixed Berry Compote

Prep Time: 5 minutes

Total Time: 30 minutes (includes cooking and cooling time)

Yield: ~1.5 cups compote



Ingredients

3 cups fresh or frozen mixed berries (we used blueberries, blackberries, raspberries, and strawberries)

Juice of 1/2 medium lemon, ~2 Tbsp

2 Tbsp pure maple syrup (honey would also work)

1/8 tsp sea salt

2 Tbsp chia seeds

Combine all berries in a medium sauce pan set to medium heat and cook until the berries start to burst. Lower heat to a simmer and continue cooking for 5-10 minutes stirring often. Remove compote from the heat, stir in the lemon juice, salt, and maple syrup and allow to cool to room temperature. Once compote is cooled add in 2 Tbsp chia seeds and whisk well until the chia seeds are well dispersed in the compote. Place in an air tight jar and store in the fridge for 1-2 weeks.

Courtesy of The Green Blossom Kitchen