

Fruit Compote

- 1 lime, juiced and zested
- 2 oranges, juiced
- 4 oz raisins
- 2 T honey
- 1 t each cinnamon, powdered ginger, vanilla
- 1 large mango, cut into strips
- 2 apples, peeled, cored, sliced
- 2 pears, peeled, cored, sliced
- 1 c dried figs, halved
- 2 cloves
- 2 - 3 T slivered almonds, toasted
- fresh mint, chiffonade

In a small bowl, add half the orange juice to the raisins and allow them to rest for 1 hour.

In a small pot, over low heat, simmer the remainder of the orange juice, lime juice, zest, honey, cinnamon, ginger, vanilla and cloves for 10 minutes.

Preheat oven to 350F.

In a large ovenproof pot, or a tagine dish, combine apples, pears, mango and figs with honey sauce. Cook in the oven for 15 minutes. Add the raisins and orange juice, and cook 15 minutes more. Serve garnished with toasted almonds and mint chiffonade. Serves 8. Delicious on its own, or with yogurt or ice cream. Can also be served atop steel cut oats or quinoa meal.

For a wonderful breakfast covering all the bases, try this combo:

Amazing Breakfast

- 1/4 c cooked steel cut oats (freshly made or pre-cooked and reheated)
- 1/3 - 1/2 c Fruit Compote
- 1 t each ground flax seeds, chia seeds, hemp seeds, toasted almond flakes
- 1/2 t each sunflower seeds, pumpkin seeds
- 3 each mulberries, goji berries
- 2 T 2% Greek yogurt

Combine all ingredients and enjoy!

Quinoa meal with Fruit Compote

- 1/4 c tricolor quinoa, rinsed
- 1/4 c steel-cut oats
- 1/2 c milk
- 1 pinch kosher salt
- 1/3 c Fruit Compote, garnished with toasted slivered almonds and mint

Combine oats and quinoa in a small pot and add 1 cup of boiling water. Let it sit overnight.

Bring oats and quinoa to a boil, add milk and salt, and simmer, stirring occasionally until mixture thickens to preferred texture. Top quinoatmeal with Fruit Compote, garnished with toasted slivered almonds and mint.

Jittery Cook