

FROZEN FRUIT COMPOTE

Fruit stains are difficult to remove from clothing so wear an apron when you use this recipe

See note below for healthier sugar options

INGREDIENTS

- 2 - 16 oz bags** Frozen Rhubarb
- 2 - 16 oz bags** Frozen Strawberries
- 2 - 16 oz bags** Frozen Blueberries
- 2 - 16 oz bags** Frozen Cherries
- 1 - 16 oz bag** Frozen Peaches
- 1 C** Cranberry Juice
- To Taste** Sugar Substitutes (Splenda, Maltitol, Truvia, Stevia)



COOKING INSTRUCTIONS

- 1 Defrost the peaches
- 2 Pour cranberry juice into a 5 qt. pot with a coating - don't use an enamel pot
- 3 Add rhubarb & strawberries
- 4 Cover the pot & heat at medium to low temperature stirring every 15 minutes or until you get a soup like mix
- 5 Allow the mix to cook until the strawberries & rhubarb become soft enough to mash with a fork or a masher
- 6 Continue cooking for another 10 minutes & then add the blueberries stirring them before recovering the pot
- 7 Continue cooking for another 10 minutes & then add the cherries stirring them before recovering the pot
- 8 While the mix is cooking cut the peaches in 1/2 if small but in 1/3's if large
- 9 About 10 minutes after you put the cherries into the pot turn off the heat
- 10 Slowly stir in the peaches
- 11 Allow mix to cook for 1/2 an hour & then add the sugar substitute stirring thoroughly & tasting to make sure you don't over sweeten
- 12 Allow mix to cool another 1/2 an hour & then store in refrigerator

This compote freezes nicely but you must defrost it for at least 12 hours outside the refrigerator before serving it.

