

# Honey-Spiced Fruit Compote

from the National Honey Board



## Ingredients

1-1/4 cups - honey  
1 cup - orange juice  
1 Tablespoon - grated orange peel  
2 cups - dried fruits (pears, apricots, apples, peaches)  
2 - cinnamon sticks or 1/2 teaspoon ground cinnamon  
1/2 teaspoon - whole cloves  
1/2 cup - port wine

## Directions

Combine honey, orange juice and orange peel in large saucepan. Bring to a boil over medium-high heat. Add fruit. Add cinnamon and cloves, tied in cheesecloth. Reduce heat to low; simmer 5 minutes. Remove from heat; add wine. Marinate overnight to allow flavors to blend; remove spice bag. Serve warm or cold.



### Nutritional Information

**Calories:** 456

**Carbohydrates:** 113 g

**Cholesterol:** 0 mg

**Fat Total:** <1 g

**Sodium:** 12 mg

**Protein:** 3 g

**Dietary Fiber:** 2 g

**Calories from Fat:** 1%

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