



Summer Fruit Compote with Orange Honey Sauce

This recipe has been one of my family favorites that I serve often. It is a great potluck or healthy dessert for a BBQ in the summer time when the berries are in season.

- 1 Granny Smith apple, washed
- 2 apples (your favorite)
- 1 cup strawberries, washed
- 1/2 cup blueberries
- 1/2 cup red, seedless grapes
- 1 cup sliced, peeled peaches, fresh or frozen
- 1 orange washed, peeled, and diced
- 1/4 cup orange juice or juice from one orange
- 3 tsp honey
- 3 Tbs orange marmalade

1. Peel apples with a vegetable peeler. Place a peeled apple on cutting board with the stem up. Use apple corer/slicer to cut apple into 8 pieces. Using a paring knife, cut each slice into small bite-sized pieces. Repeat with all of the apples. Put pieces in bowl.
2. Zest outside of one orange. Add zest to bowl. Wash, peel and dice orange into pieces, and add to apples. Add orange juice to apples and oranges.
3. Cut stems off strawberries. Use egg slicer to cut strawberries into slices. Place slices into bowl with apples and oranges. If the strawberries are too soft to use an egg slicer, slice with paring knife. Add washed blueberries to bowl.
4. Peel peaches with a vegetable peeler. Cut into slices, and then into small, bite-sized pieces.
5. Add 3 tablespoons of honey and 3 tablespoons of marmalade to bowl of fruit. Gently stir to mix everything well. Serve or cover with plastic wrap and refrigerate.

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