

healthy body



healthy mind

07772 076847
healthy@tlfitness.co.uk

Low sugar apple and berry compote

6 English Apples diced peeled and cored (not cooking apples)

4 Good handfuls of frozen or fresh Blackberries

Mug of water

2 Tbsp. light brown sugar

Old Jam Jars washed and left wet.

Perfect as a snack with fat free Greek yogurt.

Bring the water to the boil and add the apples simmering for 15 minutes.

Next throw in the blackberries and stir in the sugar cook for a further 5 minutes.

The mix can be blended for a smooth consistency if preferred.

Heating the jam jars in the microwave will sterilise them increasing the shelf life of our compote. Place in the microwave (without the lids) for no longer than a minute until hot.

Pour the hot mix in the hot jar, allowing it to settle for 10 minutes before screwing on the lid.

This delicious compote should easily keep for a week in the fridge, if it lasts that long!!