



Prune and Apricot Breakfast Compote



Serves
3-4



Prep
5 minutes



Cooking
15 minutes



	Calories	Sugars	Fat	Saturated Fat	Salt
per 100g	129kcal	27.8g	0g	0g	trace
RI%	6%	31%			-

Method

1. Place the Princes Prunes, Princes Apricots (drained), honey, cinnamon stick, lemon slices and boiling water into a medium pan, gently bring to the boil, reduce heat to a simmer for 15 minutes for the flavours to infuse. Serve hot or cold.
2. Serve a portion topped with the yogurt and crunchy granola, drizzled with honey if desired, or in winter serve on top of porridge.

Ingredients

1 x 290g can of Princes Pitted Prunes with Juice
1 x 410g can of Princes Apricot Halves in Light Syrup
1 tbsp runny honey
1 tsp mixed spice
3 slices of lemon
100ml boiling water
1 cinnamon stick
To serve: Natural yogurt Crunchy granola cereal or muesli Runny honey (optional)

