

Spiced Stewed Fruit

Enjoy stewed fruit as a side dish or stir 2 tablespoons into your morning bowl of oatmeal. Try using different canned fruit like pears, peaches or apricots.



Preparation time: 5 minutes | **Cook time:** 15 minutes

Ingredients:

- 1 (15 ounce) can **mixed fruit**, drained and rinsed
- 1 tablespoon **orange zest** (optional)
- 2 tablespoons **orange juice**
- $\frac{1}{4}$ teaspoon **ginger** or **allspice** (optional)
- $\frac{1}{2}$ teaspoon **cinnamon**

Directions:

1. Drain and rinse canned fruit to reduce added sugar.
2. Add fruit, juice and cinnamon to a small saucepan. Add orange zest and ginger, if using.
3. Heat fruit over medium heat. When fruit starts to bubble, reduce heat to low. Cook for 10 minutes.

Makes 2 servings

Nutrition Facts

2 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 19g	7%
Dietary Fiber 2g	7%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 0mg	0%
Potassium 135mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

