
Berry Compote

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 45 minutes

juice of one lemon

6 cups fresh or frozen mixed berries (blackberries, blueberries, raspberries and strawberries)

1 cup sugar

Squeeze the lemon for the juice (one tablespoon).

In a large saucepan, stir together the lemon juice, berries and sugar until coated. Set aside for 30 minutes.

Bring the berry mixture to a boil over medium-high heat. Reduce the heat to medium-low. Simmer and stir for 12 to 15 minutes or until the sauce has thickened and the berries have broken down (for a smoother mixture, smash the berries with the back of a spoon while stirring).

Condiments, Sauces

Per Serving (excluding unknown items): 97 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 25g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1 1/2 Other Carbohydrates.