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# Strawberry-Banana-Raspberry Compote

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

**4 medium bananas, sliced 1/2-inch thick**  
**1 package (12 ounce) frozen raspberries, thawed and strained**  
**1 pint strawberries, washed, hulled, halved and sweetened to taste**  
**1/2 cup whipping cream, lightly whipped**  
**1 tablespoon lemon juice**

Place the raspberries in a blender. Puree until smooth.

Cover the bottom of a glass bowl with half of the banana slices. Cover with the raspberry puree. Follow with another layer of banana slices. Cover with strawberries.

Flavor the whipped cream with lemon juice. Spread on the top of the strawberries.

Chill for at least two hours before serving.

Garnish with strawberries.

Prepare in individual dishes if preferred.

Yield: 6 to 8 servings

## **Dessert**

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*Per Serving (excluding unknown items): 937 Calories; 47g Fat (42.3% calories from fat); 9g Protein; 136g Carbohydrate; 18g Dietary Fiber; 163mg Cholesterol; 53mg Sodium. Exchanges: 8 1/2 Fruit; 1/2 Non-Fat Milk; 9 Fat.*