

APPLE COMPOTE



TIME REQUIRED

35 mins including prep

SERVING

4

STEPS

- Bring to a boil and simmer 30 minutes to thicken.
- Pour over pancakes, oatmeal, chia pudding, etc

INGREDIENTS

- 4 small apples, sliced
- 1½ c coconut water (no sugar added) or water
- 1 T vanilla extract
- ½ t almond extract
- 1 T pure maple syrup
- pinch of salt

PS

This warm apple compote is simple, naturally sweet, and gently spiced by the vanilla and almond extracts. It's a comforting holiday treat that nourishes without spiking blood sugar – cozy, plant-based, and perfect for sharing with loved ones.