



Spiced fruit compote

Serves:



Preparation:

5 minutes plus soaking time

Ingredients

- 125g mixed dried fruits, e.g. apples, apricots, prunes
- 1 stick of cinnamon
- 3 whole green cardamom pods, lightly crushed
- 200ml fruit juice - any type
- Greek yoghurt sprinkled with ground cinnamon, to serve

Method

1. Place the fruit, cinnamon stick and cardamom into a large bowl. Pour over the fruit juice and 200ml of boiling water. Allow to cool, then cover and leave in the fridge overnight.
2. Remove the cardamom and cinnamon stick if you wish. Spoon into serving dishes and serve with the flavoured Greek yogurt to spoon over.

Fuel learning

- As well as a nutritious dessert ingredient, dried fruit is the perfect snack to eat between meals. When fruit is dehydrated some of the nutrients like vitamin C are lost but others like iron are concentrated. Iron boosts the oxygen carrying capacity of the blood which will help to make sure you get plenty of oxygen.
- Using fresh fruit juice to rehydrate the dried fruit will help to boost vitamin C which helps to keep the brain cells active and protect them against ageing.

Tips

- Whether you need an energy boosting snack or simply something sweet to satisfy a sugar craving, dried fruit is a healthy choice.
- Try adding dried fruit to savoury dishes like salads or couscous.
- Just 2 tbsp of dried fruit will count as one of your 5-a-day servings of fruit and/or vegetables.