



Mixed Berry Compote

Featured Item: Berries

Serving Size: 1 /2 cup • Yield 6

Fun Facts:

Berries are often described as a superfood because they are high in nutritional value.

Try It!

Use this recipe as a topping over yogurt, oatmeal, cottage cheese, pancakes, waffles or ice cream.

INGREDIENTS

- 1 orange
- 4 cups mixed berries (such as raspberries, blueberries, blackberries, or sliced strawberries)
- 1 tablespoon sugar



DIRECTIONS

1. Preheat the oven to 350°F
2. Place berries and sugar in a baking dish.
3. Zest the orange onto the berries.
4. Gently combine the berries, sugar and zest.
5. Bake for 15–20 minutes, or until the berries are slightly softened.

NUTRITION FACTS

Calories: 65
Total Fat: 0
 Saturated Fat: 1g
 Trans Fat: 0
Cholesterol: 16g
Sodium: 0
Total Carbohydrate: 16g
 Dietary Fiber: 3g
 Total Sugars: 12g
Protein: 1g



Scan the code to learn more about Harvest of the Month.

Make this dish. Make an impact. When you choose to buy, prepare, and eat fresh, local foods, it's better for you and your community!

Cook and share with #feedourfutureohio.



Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



ASSEMBLE AND PREP INGREDIENTS:

- Gather strawberries, blueberries, oranges and sugar.
- Dice strawberries.



COMBINE BERRIES:

- Combine strawberries and blueberries.
- Note: Can use any combination of berries such as: raspberries, blueberries, strawberries, blackberries.



ADD REMAINING INGREDIENTS AND BAKE:

- Zest oranges and combine with berries. Add sugar.
- Bake in 350°F oven for 15-20 minutes, or until berries are softened.



SERVE AND ENJOY!

- Use as a topping over pancakes, waffles, oatmeal or yogurt.