

# Cherry Compote



*Serves 5*



*10 minutes*



*Summer*



*Cherry*



## INGREDIENTS:

- 2 cups sweet cherries
- 1 tbsp sugar
- 3 tbsp water
- ½ tbsp lemon juice
- ½ tbsp cornstarch

## METHOD:

1. Wash cherries and remove pits.
2. Put cherries, 2 tablespoons of water, sugar, and lemon juice in a small saucepan.
3. Cook on medium heat. Stir occasionally. Simmer for 8-10 minutes until cherries are soft and juicy.
4. Mix cornstarch with 1 tablespoon of water in a small bowl. Add this mix to the saucepan.
5. Cook for 1-2 minutes until the sauce thickens.
6. Remove from heat. Enjoy with pancakes, waffles, or yoghurt.

## TIPS:

- You can use fresh or frozen cherries. If using frozen, add only 1 tablespoon water because they release extra liquid.
- Store leftovers in the fridge for up to 5 days or in the freezer for 1–2 months.

**Share it with us!**



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*This recipe was developed by the Baker Heart and Diabetes Institute and supported by Enliven Victoria.*

