

kizingo® EATS

Cherry Compote

Cherries offer loads of flavor and fiber to promote healthy digestion, and vitamin C.

Sweet and sour cherries share a similar nutritional profile, with a few notable differences. Not surprisingly sweet varieties contain more natural sugar. In contrast, sour varieties contain higher levels of vitamin C, carotenoids, polyphenols, and other powerful antioxidants.



INGREDIENTS

4 1/2 cups pitted fresh (or frozen, thawed)
Bing cherries (about 20 ounces)

1 cup orange juice

1/2 cup sugar

DIRECTIONS

Bring all ingredients to a boil in a large heavy saucepan; reduce heat to medium-low.

Simmer until cherries are softened and start to release juices, about 10 minutes. Using a slotted spoon, transfer cherries to a medium heatproof bowl.

Simmer juices until thick enough to coat the back of a spoon, 15–20 minutes. Pour reduced syrup over cherries. Serve warm.

SERVING IDEAS

- Stir into plain (regular or greek) yogurt, oatmeal, or cooked grains like quinoa or rice.
- Spread on toast
- Serve a top diced meat, mashed sweet potatoes, or scrambled eggs
- Put into smoothies
- Serve on top of mascarpone cheese, sprinkled with cinnamon or cardamom



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