

Warm Fall Fruit Compote

with crunchy oats and yogurt

CRUNCHY OATS:

- 1 cup oats (quick or rolled, not instant)
- ¼ cup sweetener (brown sugar, honey, or maple syrup)
- 3 Tb butter, melted
- 2 tsp apple pie spice

1. Preheat oven to 350.
2. Mix together oats, sweetener of choice, melted butter, and spice until well combined.
3. Place on baking pan and bake for 10 minutes or until light golden brown, stirring halfway through.

FRUIT COMPOTE:

- 1 12 oz package cranberries
- 1 cup water
- 6 apples, cored, chopped, peeled if you want!
- 1 cup sweetener (brown sugar, honey, or maple syrup)

1. Combine cranberries, water, chopped apple, and honey in a pot.
2. Place pot over medium heat and bring to a boil.
3. Reduce heat to low and simmer.
4. Stir often and cook until cranberries pop, about 5 minutes.

SERVING:

Spoon warm compote into individual bowls and top with crunchy oats. Spoon yogurt on top and enjoy!