



in
partnership
with



and



BLUEBERRY COMPOTE

INGREDIENTS

2 cups fresh or frozen blueberries
3 tablespoons water
¼ cup sugar or maple syrup
1 ½ teaspoons freshly squeezed
lemon juice
Zest of ½ lemon

DIRECTIONS

- 1 | Place 1 cup of blueberries, water, sugar or maple syrup, and lemon juice in a saucepan. Place over medium-high heat and bring almost to the boil. Cook for 3 minutes. Reduce the heat and add the additional cup of blueberries and lemon zest. Simmer for 5 minutes and then remove from heat.