

Berry Compote

Serving size: ½ cup ice cream & ¼ cup topping

Serves: 8

Ingredients:

2 cups Berries -- (dry pint) fresh or frozen

¼ cup Granulated sugar

¼ cup sugar substitute

2 Oranges (zest of one reserved)

1 Cinnamon stick

2 ½ tablespoons Brandy

4 cups ice cream, fat free, sugar free

Directions:

Select an assortment of fresh or frozen berries -- strawberries, blueberries, raspberries, blackberries or cherries.

Place the berries and sugar in a non-reactive saucepan. Add the juice from the two oranges. Bring to a simmer over low heat. Cook until the berries are soft but still intact.

Strain the mixture, saving both the berries and the liquid. Return the liquid to the saucepan. Add the finely grated zest from one orange, the cinnamon stick, and brandy.

Bring to a boil and reduce until the mixture thickens enough to coat the back of a spoon. Remove from heat and cool to room temperature.

Gently stir the reserved berries into the sauce, cover and chill.

Spoon the mixture onto a flat plate and serve with a scoop (½ cup) ice cream in the center.

Exchanges per serving:

1 Fruit; ½ Fat; 1 Other Carbohydrates

Nutrients per serving:

Calories: 168

Calories from fat: 10.7%

Total Fat: 3g

Cholesterol: 10mg

Sodium: 83mg

Total Carbohydrate: 30g

Dietary Fiber: 5g

Protein: 4g