

## Recipe: **Mixed Berry Compote**

### Ingredients:

1 tsp olive oil	1 cup blackberries
1 Tbsp. honey	1 cup raspberries
1 tsp fresh lemon juice	2 Tbsp. fresh rosemary
1 pinch of salt	(can switch out herbs to thyme,
1/2 cup balsamic vinegar	basil, mint, cilantro)

### Nutrition :

Serving size based on use
Total Calories : 298
Total Protein: 4 grams
Total Sodium: 20 mg
Total Potassium: 539 mg
Total Fiber: 17 grams
Total Carb exchange: 4

### Instructions:

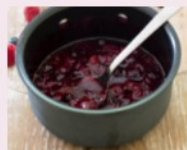
1. Wash and slice berries; de-stem and chop rosemary
2. Place skillet on stove top over medium-low heat
3. Add olive oil; once heated add berries, honey, salt, lemon juice and balsamic vinegar
4. Stir contents and increase heat to a steady simmer
5. Add rosemary and continue simmer for about 5 minutes, stirring occasionally
6. Reduce heat back to medium-low and continue to cook for another 3-5 minutes
7. Serve immediately and Enjoy!

### Serving Ideas

Over goat cheese as an appetizer

Over pancakes, waffles, or yogurt for breakfast

Over pork, beef, fish or protein of your chose for dinner



# BLACKBERRIES & RASPBERRIES

## ALL ABOUT BLACKBERRIES

- ⇒ In season locally July - September
- ⇒ Packed with Vitamin A,C,K and multiple antioxidants, great for eyes, skin and inflammation
- ⇒ High in magnesium & potassium, aiding healthy nerve function, heart beat and bones!
- ⇒ Contain more fiber per cup than broccoli!
- ⇒ Unripe blackberries are red, not green!

## ALL ABOUT RASPBERRIES

- ⇒ In season locally July - November
- ⇒ Come in red, gold, black & purple
- ⇒ Contains raspberry ketones, that are similar to capsaicin, known to inhibit growth of cancer cells
- ⇒ Packed with fiber, 7g per cup!
- ⇒ Rich in strong antioxidants, like quercetin, Vitamin C and gallic acid, fighting against cancer, heart disease and aging!