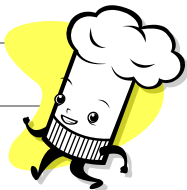

Warm Apple Pear Compote

4/5/2011 Weight Watchers meeting



Ingredients:

- 8-10 Apples and Pears (apples: such as Fuji, Gala, Pink Lady) (pears: up to 3, such as brown pears), peeled or unpeeled, cored, sliced
- 1/2 Can whole cranberry sauce
- 3 Tablespoons orange juice
- 1/2 Teaspoon candied ginger, minced (can find at Trader Joe's, etc.)
- Dash Orange zest or peel
- 1/2 Teaspoon cinnamon

Directions:

Cook in crock pot on low temperature for 2 to 4 hours.

7 PointsPlus Value for the whole pot.

Serve warm (a) as a side dish with turkey, chicken, ham or pork, (b) as a topping on Belgium waffles, or (c) over frozen vanilla yogurt.