

Spiced Pear Compote



ingredients

2 pears

1 T coconut oil + 1/4 tsp salt

OR 1 T salted butter + 1/8 tsp salt

2 T sucanat

1 T water

1/2 tsp cinnamon

1/8 tsp cloves

directions

Cut pears into large chunks and place in a small saucepan. Stir constantly until the fruit begins to soften and everything is well combined. You'll notice that the liquid thickens a bit because of the pectin in the fruit. You can take it off the heat at this point, place it into glass jars and let cool. Put the lid on, wrap a ribbon around it and give it to your friends. You may also store in the fridge for up to two weeks, or serve right away over pancakes, french toast, waffles or dessert.

this compote will keep in the fridge for up to two weeks and you can substitute any kind of apple if you wish!