



220 Placsko Rd, Creston, BC V0B 1G8 (250) 866-6861 swanvalleyhoney.ca

©Swan Valley Honey – Honey Bee Zen 2019

Honey, Cranberry and Orange Compote – BC Cranberry Growers

I made this tangy compote for a family thanksgiving dinner. I served it on a cheese platter and it was a delicious topping on brie cheese and I topped it with some comb honey. It is also perfect topping for warm oatmeal, scones or muffins or an accompaniment to turkey, pork or chicken.

Ingredients:

4 cups fresh or frozen cranberries
1 L 1 juice and zest of 1 large fresh orange
1/2 cup liquid honey

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In large bowl, toss cranberries with orange juice, orange zest and honey.
3. Transfer cranberry mixture to baking sheet. Cover with foil and roast for 30 minutes.
4. Remove from oven and allow to cool fully. Store in sealed container in the fridge.
5. If desired, sweeten compote further, to taste, with additional honey.

Per serving: 98 calories, 26 g carbohydrate, 3 g fibre, 2 mg sodium, 0 g fat, 0.5 g protein