

Warm Fruit and Citrus Syrup

Top off your breakfast with fat-free fruit.

Preparation Time: Approximately 10 minutes

Cook Time: Approximately 10 minutes

Ingredients:

2 cans (16 ounces each) pears, peaches, apricots or fruit cocktail

2/3 cup orange juice

1/3 cup honey

2 teaspoons cornstarch

1 1/2 teaspoons grated orange peel

Preparation:

Drain the fruit, reserving the liquid separately. Add enough water to the liquid to equal 1 1/2 cups. Combine the liquid, juices, honey, cornstarch and orange peel in a saucepan. Cook over medium heat stirring until thickened and clear, about 5 minutes.

While the syrup is cooking, chop the pears, peaches or apricots into bite-size pieces. Add the fruit to the finished syrup and heat thoroughly.

Serve over ice cream or cake for dessert; waffles or pancakes for breakfast.

Servings: 6

Nutritional Information Per Serving: 185 calories; 0 g fat; 0 mg cholesterol; 9 mg sodium; 48 g carbohydrate; 3 g fiber; 1 g protein.

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