

Denyce's Stewed Fruit Compote

Serves 1 so multiply to your heart's content...

1 apple, peeled and cubed

5 raisins

1 date, chopped

5 cloves and/or sprinkle of cardamom

2 pieces of cinnamon stick (or $\frac{1}{8}$ tsp cinnamon powder)

$\frac{1}{8}$ tsp nutmeg, or grate some whole nutmeg

$\frac{1}{3}$ cup water

Bake in covered dish at 375°F for 1 hour or simmer in covered saucepan on stove top at low heat for an hour or in slow cooker for 1 to 1½ hours.

