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APPLE BLUEBERRY COMPOTE

A Recipe for Life by the Doctor's Dietitian by Susan B. Dopart, MS, RD, and Jeffrey M. Batchelor.

Six 1/2-cup servings

Ingredients

4 medium apples, peeled and diced (mix of Golden Ginger, Gala, Pink Lady, and Fuji)
1 cup blueberries, fresh or frozen
1/4 tsp cinnamon
1/8 tsp nutmeg, freshly grated
1 T butter, cut in little pieces

Directions

Preheat oven to 400°F. Mix apples, blueberries, and spices in glass dish. Dot with butter. Bake for 30 minutes. Remove and then stir. Mixture will turn purple with stirring.

Nutrient Analysis per serving: *Calories: 85; Protein: 0 g; Total carbohydrates: 18 g; Total fat: 2 g; Fiber: 4 g; Sodium: 0 mg*