

# Fruit Compote

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-fruit-compote-recipe>

## Ingredients:

- frozen fruit or Fresh, any variety
- maple syrup
- lemon juice optional
- 1 pound fruit fresh or frozen
- 2 tablespoons pure maple syrup
- 1 teaspoon lemon juice optional

## Nutrition:

1. Calories: 80 calories
2. Carbohydrate: 23 grams
3. Fiber: 1 grams
4. Sodium: 5 milligrams
5. Sugar: 20 grams

---

Thank you for visiting our website. Hope you enjoy Fruit Compote above. You can see more 18 russian fruit compote recipe Taste the magic today! to get more great cooking ideas.