

# Cranberry Raspberry and Apple Russian Kompot Drink

Yield: 24 min  
Total Time: 40 min

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

## Ingredients:

- 12 ounces frozen cranberries or fresh
- 2 pints frozen raspberries or fresh
- 4 apples each apple quartered
- 3 clementines or 1 large orange
- sugar
- honey
- stevia
- sweetener
- 12 ounces frozen cranberries or fresh
- 2 pints frozen raspberries or fresh
- 4 apples each apple quartered
- water
- 1 clementines or 1 large orange
- sugar
- honey
- stevia
- sweetener

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 23 grams
3. Fat: 0.5 grams
4. Fiber: 7 grams
5. Protein: 1 grams
6. Sugar: 13 grams

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