

## Fresh Fruit Phytonutrient Compote (serves 12 at ¾ cup [180 ml] each)



servings: 1 fruit, ½ nut/seed

130 calories, 25 g carbohydrates, 2 g protein, 4 g fat per serving

- > 3 fresh mangos OR 1 large bag (24 oz. [680 g]) frozen mangos
- > 3 kiwis, sliced
- > 1 apple, diced
- > 2 large oranges OR tangerines, sectioned
- > 1 pomegranate, seeded
- > 1 pint (454 g) fresh blueberries (do NOT use frozen berries; they will lose their shape)
- > ½ cup (112 g) pine nuts OR chopped walnuts
- > ½ cup (112 g) plain yogurt OR ¼ cup (60 ml) orange juice (**DF**) – either optional to prevent browning
- > Stevia or agave syrup as needed

Cut up mangos or defrost frozen mangos for 2 hours at room temperature, or overnight in the refrigerator. Place in a serving bowl with sliced kiwi, apple, and sectioned oranges. Stir in pomegranate seeds for beautiful color and powerful antioxidants. If fresh berries are available, stir in gently. You may add any other acceptable fruit of choice. Top with nuts and yogurt, if desired. Gently stir again to mix well. If the taste is too tart, add a sprinkle of stevia or mix in 1-2 tsp. (5-10 ml) agave syrup.

### TIPS:

- Great to use for brunch.
- You may add any other acceptable fruit of choice.

## Peach/Apricot Frothy (serves 8)



serving: 1 fruit

66 calories, 15 g carbohydrates, 3 g protein, .0.3 g fat per serving

- > 2 envelopes unflavored gelatin (**V: use vegetarian gelatin**)
- > 2 Tbsp. (30 ml) apple juice concentrate
- > 6 Tbsp. (90 ml) water
- > 7 cups (1568 g) sliced fresh peaches or apricots OR fruit canned in its own juice
- > 2 tsp. (10 ml) lemon juice

In small mixing bowl, soften gelatin in apple juice concentrate mixed with 6 Tbsp. (90 ml) water. Save several pieces of fruit for garnish. Put peach or apricot slices in blender and blend until they become liquid. Bring to boil and add to gelatin; stirring until thoroughly dissolved. Stir in lemon juice. Chill until it begins to thicken. Beat on high speed with mixer until fluffy and doubled in volume. Chill again. Mound into 8 sherbet glasses or serve from glass serving bowl.

Garnish with reserved fruit or **Blackberry Dessert Sauce** (p. 98).

## Poached Peaches (serves 4)



serving: 1 fruit

80 calories, 19 g carbohydrates, 0.9 g protein, 0.2 g fat per serving

- > 6-oz. (180 ml) can frozen unsweetened apple juice concentrate, thawed
- > 1 cup (240 ml) water
- > 1 Tbsp. (15 ml) finely grated lemon peel
- > 1 tsp. (5 ml) vanilla extract
- > 4 medium ripe peaches or nectarines (pears will be a winter alternate)
- > 4 sprigs fresh mint for garnish (optional)

In a medium saucepan, mix apple juice, water, lemon peel, and vanilla; bring to boil and reduce heat. Cover and simmer for 10 minutes. Add peaches (or other desired fruit) and poach, partially covered over low heat for 7-8 minutes. Remove from heat and allow to cool in liquid. When cool, carefully slip skins off peaches, cut in half lengthwise and remove pits. On each plate, arrange 2 peach halves in the center and garnish with mint.

### TIP:

- Combine with **Strawberry Sauce** (p. 100). Spoon sauce into 4 dessert plates, making a little pool, then arrange peaches and mint.

## Pumpkin Custard (serves 8 at ~½ cup [120 ml] each)



servings: 1 dairy, 1 cat. 2 veg.

132 calories, 23 g carbohydrates, 3 g protein, 4 g fat per serving

- > 2 eggs
- > ½ cup (120 ml) agave syrup
- > 2 cups (454 g) canned pumpkin
- > 1 cup (240 ml) lite, canned coconut milk (DF) OR evaporated skim milk
- > 1 tsp. (2.3 g) cinnamon
- > ½ tsp. (1.2 g) ginger
- > ¼ tsp. (0.6 g) nutmeg
- > 1⁄8 tsp. (0.3 g) ground cloves
- > 1⁄8 tsp. (0.3 g) sea salt

Preheat oven to 375° F (190° C). Butter a 1- or 1½-qt. (1-1½ L) baking dish. In a medium mixing bowl, mix spices and salt. Add eggs and mix to combine well. Mix in agave syrup and pumpkin, then stir in milk. Pour into the prepared baking dish. Set dish in a larger baking pan and add hot water to the large pan to a depth of about 1" (2.5 cm) (it should come about halfway up the side of the inner baking dish). Bake for about 50 minutes or until custard is set and a knife inserted near the center comes out clean. Cool completely before serving.

### TIP:

- Dish can be covered and refrigerated overnight.

## Strawberry Sauce (serves 4 at ~½ cup [120 ml] each)



serving: ½ fruit

28 calories, 7 g carbohydrates, 0.6 g protein, 0.3 g fat per serving

- > 2 cups (454 g) fresh strawberries, hulled and washed
- > ¼ cup (60 ml) orange juice (unsweetened)
- > Pinch each of ground cinnamon and nutmeg

Combine all ingredients in blender or food processor. Process until smooth.

### TIP:

- Excellent for any poached fruit, such as **Poached Peaches** (p. 100).