

Apricot, Maple & Oat Compote

This delightful compote combines the sweetness of apricots with the rich flavor of maple syrup and the heartiness of oats.

Perfect as a topping for yogurt, pancakes, or as a stand-alone snack, this recipe is both nutritious and satisfying.


15 min

Total time

easy

Difficulty

240

kcal / serving

Ingredients

- 1/2 cup dried apricots, chopped
- 1/2 cup rolled oats
- 1 cup water
- 2 tablespoons maple syrup
- 1/4 teaspoon cinnamon
- Pinch of salt
- Fresh mint leaves for garnish (optional)

Steps

- 1 In a small saucepan, combine the chopped dried apricots and water.
- 2 Bring to a simmer over medium heat, then reduce to low and cook for 5 minutes until the apricots soften.
- 3 Add the rolled oats, maple syrup, cinnamon, and a pinch of salt. Stir well to combine.
- 4 Continue to cook for another 5-7 minutes, stirring occasionally, until the oats are cooked and the mixture thickens.
- 5 Remove from heat and let cool slightly.
- 6 Serve warm or at room temperature, garnished with fresh mint leaves if desired.