

Spiced Fruit Compote with Prunes served with Homemade Labneh



Spiced Fruit Compote with Prunes served with Homemade Labneh

This delicious dish can be served as a dessert or topped onto pancakes or porridge for a decadent and stylish weekend breakfast.

SERVES: **4** | PREP TIME: COMPOTE **15 mins** LABNEH **5 mins** plus 24 hr draining time.

LEVEL OF DIFFICULTY: ●○○ Vegan, gluten-free, can be dairy-free without the labneh.

Compote

INGREDIENTS

- 2 peaches
- 2 nectarines
- 1 orange
- 1 cup water
- 1/2 cup white sugar
- 1/3 cup Cointreau (or Grand Marnier)
- 1/2 cup (100g) **Australian prunes**, pitted or whole
- Cinnamon stick
- Star anise

METHOD

1. Chop stone fruit into pieces, remove approx. five strips of orange peel (with a peeler) and squeeze juice. Put into a saucepan with water, Cointreau, cinnamon stick, star anise, sugar and prunes.
2. Cook over low heat, stirring occasionally, until sugar dissolves and fruit is soft. Discard the orange peel and spices before serving.

Labneh

INGREDIENTS

- 2 cups natural yoghurt
- 1 tsp salt

METHOD

To make the labneh, place 2 cups of natural yogurt in a bowl and stir in 1 tsp salt. Pour the salted yoghurt into a colander lined with cheesecloth and drain for approximately 24 hours, covered, in the fridge.

NUTRITION

Per serve (4 serves): Energy 1015kJ • Protein 7g • Total fat 5g • Saturated fat 3g • Total Carbohydrates 30g • Total sugars 29g • Dietary fibre 2g • Sodium 650mg

25g prunes per serve (half of daily 50g serve of prunes)

- Source of protein
- Source of fibre



Visit www.ausprunes.org.au for health benefits and recipes
Share your creation & tag us at @ausprunes #ausprunes