

Raw Rhubarb Compote



Nutritional Info

Servings Per Recipe: 4

Amount Per Serving

Calories: 66

Total Fat: 1g

Carbs: 16g

Protein: 1g

Ingredients

1 cup trimmed and thinly sliced raw rhubarb, cut thick stalks in half length-wise before slicing
6 dried, unsulfured apricots, finely diced
3 dried figs, finely diced
¼ tsp chopped fresh thyme
1 tbsp raw honey pinch each sea salt and fresh ground black pepper

Directions

In a medium bowl combine rhubarb, apricots, figs and thyme. Stir in honey, salt and pepper until combined. Cover and refrigerate for a minimum of 1 hour or up to 24 hours to allow flavors to meld.