


Name of RETNS Chef: Ruby Hudson



Recipe Title: Berry compote

Why you chose this recipe: Because it's yummy and nice to have on my porridge in the morning and it's also very healthy for you.

Ingredients:

500g of  mixed berries
Zest of $\frac{1}{4}$ of an orange
Pinch of salt
3 tablespoons of honey or maple syrup



Method:

Put everything into a saucepan and boil then simmer for 5 minutes until fruit is soft. Mash it a little but not too much or the fruit will lose all its shape. Use on porridge, in yoghurt, on toast or ice cream. Yum!

