

GINGER AND VANILLA APRICOT COMPOTE

(from The Iron You)

1 lb firm ripe apricots, halved and pitted

2 tablespoons fresh lime juice

2 to 3 tablespoons coconut palm sugar

1-inch piece of ginger, peeled

½ teaspoon vanilla extract

In a large skillet combine apricots, lime juice, sugar, ginger, and vanilla extract.

Cook over medium heat, turning occasionally, until apricots are glazed and syrupy, about 7 to 8 minutes. Transfer to a small bowl and chill.

Serve apricot compote with yogurt or ice cream.