

## Warm Strawberry Compote

### Ingredients

- 5 large fresh sliced strawberries
- 2 tablespoons lemon juice
- Dash of cinnamon
- Dash of nutmeg
- Dash of cayenne
- Dash of sea salt
- Vanilla or dark chocolate Stevia to taste

### Directions

1. In a small saucepan, combine ingredients and stir thoroughly.
2. Sauté on medium heat until warm and bubbly and a sauce develops.
3. Serve warm in a bowl.
4. Garnish with mint.
5. Top with cinnamon *Melba Croutons*. (see recipes on our website)

Makes 1 serving (1 fruit)
0.5 gram protein
0 fat
35 calories

### PHASE 3 MODIFICATIONS:

Omit the lemon juice and stir in 2 tablespoons cream cheese or heavy cream. Top with chopped roasted nuts.

