

Warm Tea-Infused Pear-Fig Compote

[Recipe](#)



Nutrition Facts:

PER SERVING	
Tea-Infused Warm Pear-Fig Compote	
Makes: 5 servings	
Serving Size: 1/2 cup	
Calories	95
Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Carbohydrate	25 g
Fiber	4 g
Sugars	18 g
Cholesterol	0 mg
Sodium	5 mg
Potassium	215 mg
Protein	1 g
Phosphorus	25 mg
Choices: Fruit 1.5	

Preparation Time;

15 minutes

Cook Time;

20 minutes

Servings;

5 servings

Serving Size;

½ cup

Ingredients;

- 2 cups: water
- 1: earl grey tea bag
- 3 cups: peeled, thinly sliced, firm, and ripe pears
- ½ cup: sliced dried figs
- 3 tbsp: currants
- 2 tsp: honey
- 1: ½ inch by 2 inch strip of lemon peel
- 1: small cinnamon stick

Directions;

1. In a medium saucepan, bring the two cups of water to a boil. Remove the pan from heat and add the earl grey tea bag. Let the tea steep for five minutes, then remove and discard the tea bag.
2. Add the three cups of pear slices, half cup of dried figs, three tablespoons of currants, two teaspoons of honey, the lemon peel, and the cinnamon stick to the tea in the pan. Bring everything back to a boil, then reduce the heat to low and let simmer, uncovered, for fifteen to twenty minutes until the pears are tender.
3. Remove the lemon peel and cinnamon stick before eating.