



Fairtrade Tropical Compote

The Earl Grey infusion in this compote gives an interesting subtle twist to the tropical fruit flavour. The compote looks very pretty served in individual glass bowls or in a single large bowl. This is very easy to make.

Ingredients

450ml Fairtrade Orange Juice
Juice of 1 freshly squeezed Lime
2 Fairtrade Earl Grey tea bags
150g Tropical Wholefoods Organic Fairtrade Dried Mango
100g Tropical Wholefoods Fairtrade Sun Dried Apricots
2 tsp Fairtrade honey
Tub of crème fraîche or Greek yogurt
Packet of amaretti Biscuits

Method

1. Pour the orange and lime juices into a small pan. Add the Earl Grey tea bags and bring to the boil.
2. Stir, remove from heat and add the mango and apricots. Leave for 30 minutes.
3. Remove the tea bags, add the honey. Simmer again for 15 minutes and allow to cool over-night.
4. Crush the amaretti biscuits to form a base in your glass bowls, place the compote on top of this, and top with a spoonful of crème fraîche or yogurt.

