

## Simple Fruit Compote

6 Nectarines (or Peaches)

1 Pint Strawberries (or any Berry: raspberries, blackberries, etc.)

½ cup sugar, or to taste

½ teaspoon sea salt, or to taste

1 teaspoon cinnamon

Dump all ingredients into sauce pan

Cook over medium heat for about 30 Minutes

STIR OFTEN

Do NOT let it BOIL OVER

Serve warm over pancakes or waffles

Serve cold over Ice Cream (you know what brand to use)

*Reduce the amount of salt slightly for regular salt.*

*This recipe is GLUTEN FREE.*