



Apple, Walnut and Pomegranate Compote

Ingredients:

- 1 C. walnut pieces
- ¼ C. white granulated sugar
- 1 Tbs. unsalted butter (or non-dairy margarine)
- 3 Tbs. maple syrup
- ¼ C. apple cider
- ¼ tsp. each-ground ginger, nutmeg and cinnamon
- 1¼ C. apple sauce
- ½ C. fresh pomegranate seeds

Directions:

Heat a non-stick skillet over medium heat, add 1 cup walnuts, 1/4 cup granulated sugar and 1 Tbsp butter (or margarine).
Cook over medium heat for 5 minutes, stirring frequently so the mixture doesn't burn (especially towards the end).
When the sugar mixture starts melting, stir constantly until all sugar is melted and nuts are coated. Transfer nuts onto a sheet of parchment paper and separate so they don't clump together.
Set aside until ready to use.
In a small pot combine maple syrup, apple cider and spices.
Cook over medium high heat until liquid has reduced in half, about 5-6 minutes.
Let cool and stir into apple sauce. Add cooled candied walnuts and fresh pomegranate seeds. Serve.