

Apple Maple Compote

ingredients

4 apples (mixed variety) peeled and sliced

1 Tablespoon lemon juice

2 teaspoons cinnamon

2 Tablespoons cornstarch

1/4 cup maple syrup

1 cup water

dash of allspice

salt to taste

directions

place sliced apples in a saucepan with all ingredients other than the syrup and water. cook over medium high heat until the mixture becomes gooey and apples are soft. add the maple syrup. slowly add the water a little at a time, allowing the mixture to thicken. add enough water until mixture reaches desired consistency (runny enough to resemble a thicker syrup). keep apples on stove over low heat while you prepare waffles, pancakes or french toast. ladle over the top and serve. leftovers (if there are any) can be used as an ice-cream topping.