

ISLAND GROWN HARVEST OF THE MONTH JULY 2013 BLUEBERRY

BLUEBERRY COMPOTE

2 cups blueberries

1/4 cup sugar

1 tsp. grated lemon zest

1 TBL. lemon juice

Combine ingredients in a small sauce pan. Cook over med heat until berries begin to give off some juice, and the sugar melts, **3-4** minutes.

Cool.

Serve with yogurt, pancakes, cereal, ice cream or sorbet

recipe by Robin Ledoux-Forte



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