

Spiced Plums

Just Say Yes to Fruits and Vegetables

This dish is a sweet way to get your serving of fruit in for the day!



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Spiced Plums

Serves 6 ▪ Serving: ½ cup

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Plums contain vitamin C which is good for fighting colds and healing cuts!

Ingredients:

- 6 chopped black or red plums
- 1½ tablespoons honey or maple syrup
- ¾ teaspoon cinnamon
- ½ teaspoon allspice (optional)

Directions:

1. In a medium pot over high heat, combine plums, honey or maple syrup, cinnamon, and allspice.
2. Bring to a boil, then reduce heat to low and cover. Cook 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.