

## Chai-Spiced Fruit Compote

- 1 ¼ cups water
- 3 tablespoons honey
- 2 chai tea bags (regular or decaffeinated; 5 grams total)
- 3 ½ ounces dried apricots, each cut into quarters (½ cup)
- 3 ounces dried figs, halved if small, quartered if large (½ cup)
- 2 ½ ounces (½ cup) golden raisins
- ½ vanilla bean

Bring the water to a boil in a medium saucepan over medium-high heat. Stir in the honey, then immerse the tea bags in the water. Add the dried fruit. Split the half vanilla bean lengthwise, scrape out the inside and stir it into the pot, then add the vanilla bean itself to the pot.

Once the mixture returns to a boil, reduce the heat to medium-low and cook uncovered for 4 minutes.

Discard the tea bags; cook for about 8 minutes, stirring occasionally, until the liquid thickens to a loose syrup. Discard the vanilla bean.

Transfer the compote to a bowl and cool slightly before serving. The compote can be refrigerated for up to a week.

Per serving: 220 calories, 2 g protein, 57 g carbohydrates, 0 g fat, 0 g saturated fat, 0 mg cholesterol, 5 mg sodium, 5 g dietary fiber, 47 g sugar.

**Yield: 4 servings (about 2 cups).**

## Wine Pairing

This extra-sweet dish, with honey, apricots, figs and more, calls for a sweet wine such as the 2015 Vietti Moscato d'Asti "Cascinetta" from Italy: slightly fizzy, off-dry, with aromas and flavors of ripe peaches and spice; \$15.





