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### Fruit Compote

Serves: 5	Calories per serving: 171
1 can pineapple chunks (8 ounces)	Drain the juice from the canned pineapple into a small saucepan. Stir orange juice and cornstarch into the small saucepan. Stir until smooth.
1 1/2 cups orange juice 1 tablespoon cornstarch	Bring to a boil over medium heat, stirring constantly. Let the juice mix cool to room temperature. To accelerate this process, pour the cooked juice mixture in a small bowl, and put that small bowl in a larger bowl of ice water, so that the ice water cools the mixture.
1 banana 1 pear 2 canned peach halves (canned in juice)	While the juice mix is cooling, peel and slice the banana into rounds about 1/4 inch thick. Wash the pear and cut into cubes. Remove peach halves from juice and cut into cubes.
	Pour the cooled juice mix into a large bowl. Add the pieces of pineapple, banana, pear, and peaches. Stir together.
	You can serve this compote in serving dishes, or over greek yogurt, frozen yogurt, or waffles.



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