

Apricot Dessert Topping

Makes: 6 Servings

Canned fruits are a great addition to any meal, so keep them on hand. Use canned apricots as a delicious dessert or topping for any dessert.

Ingredients

2 cups apricots (undrained)

1 tablespoon sugar

2 tablespoons orange juice

Directions

1. Mix together all ingredients in a small bowl and set aside.
2. Serve warm or cold over ice cream, shortcake, yogurt, waffles, or pancakes

Source: Recipe adapted from the California Fresh Apricot Council

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	3 mg
Total Carbohydrate	18 g
Dietary Fiber	2 g
Total Sugars	16 g
Added Sugars included	N/A
Protein	N/A
Vitamin D	N/A
Calcium	8
Iron	N/A
Potassium	N/A
N/A - data is not available	