**Crockpot Cranberry Apple Compote**   
4-6 Servings

Ingredients:   
3 medium apples, cored and diced   
1 cup fresh or frozen cranberries   
1/4 cup honey   
¼ cup apple cider or unsweetened apple juice   
¼ cup water   
1 tsp ground cinnamon

Coat crockpot with a touch of olive oil. Add all ingredients to crockpot, toss to coat and allow to cook on low for 4-6 hours. The crunchier the apple and the larger the diced pieces, the longer your cooking time will be.   
Enjoy warm as is, spooned over frozen Greek yogurt, stirred into oatmeal, in place of traditional cranberry sauce in a Thanksgiving meal, or try it cold over chia pudding.