

# 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!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

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## Spiced Plums

Serves 6 ▪ Serving: ½ cup

*Just Say Yes* to Fruits and Vegetables

*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.

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