This 3-ingredient sauce is a delicious topping for Eric Adams’ decadent chocolate ice cream. The cherries are rich in fiber and flavonoids—polyphenols in the fruit known to enhance brain health. The sauce comes together quickly, thanks to using a bag of already pitted and frozen cherries from the grocery store. The juice of a fresh orange provides just enough sweetness to balance the tartness of the cherries without the need for added sugar. Serve with ice cream, swirl into yogurt, or enjoy with a bowl of berries.

**DR. ANNIE FENN’S WARM CHERRY COMPOTE**

**Makes ⅔ cup**

**INGREDIENTS:**

- 2 c. frozen cherries, pitted
- ½ c. freshly squeezed orange juice
- ⅛ tsp kosher salt

**INSTRUCTIONS:**

Heat the cherries, orange juice, and salt in a small saucepan over medium heat.

Increase the heat until the fruit is gently simmering.

Cover the pot with a lid ajar and reduce the heat to low. Cook, stirring often, until the cherries are soft, and the juices thicken and coat the fruit, 20 to 30 minutes.

Serve warm or at room temperature on top of Eric Adams’ three-ingredient ice cream.

Store any leftover compote in an airtight container in the refrigerator for up to 5 days.

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