

Spiced Plums

Sweet, warm, and fragrant — these spiced plums are a simple, delicious way to enjoy fresh fruit. Perfect on their own, served over oatmeal, or as a topping for yogurt or pancakes.

Makes: 6 Servings
Prep Time: 5 minutes
Cook Time: 15 minutes

Source: JSY

Ingredients

- 6 black or red plums, chopped
- 2 Tbsp honey
- $\frac{3}{4}$ tsp cinnamon
- $\frac{1}{2}$ tsp allspice (optional)

Directions

1. In a medium pot over high heat, combine plums, honey, cinnamon, and allspice.
2. bring to a boil, then reduce heat to low and cover. Cook for 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, or until mixture thickens
4. Serve warm or chilled and enjoy!
5. Refrigerate leftovers within 2 hours.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: $\frac{1}{2}$ cup serving	
Nutrients	Amount
Calories:	70
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0mg
Total Carbohydrates:	18g
Dietary Fiber:	2 g
Total Sugars:	16g
Added Sugars:	6g
Protein	0g

Utensils Needed

- Measuring spoons
- Cutting board
- Knife
- Medium pot
- Spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$2.99

Average cost/serving: \$0.49

Makes: x Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 6 to Cart
Plums

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Adjust spice level to taste — try nutmeg or ginger for variety.
- Use frozen plums if fresh aren't available.
- Serve warm over yogurt, oatmeal, or whole-grain waffles.
- For less sweetness, reduce honey to 1 tablespoon or skip entirely — plums are naturally sweet when ripe.



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