

# Spiced Fruit

Carolyn Thurston



*A great accompaniment to a brunch.*

1 cup cider vinegar

1/2 cup sugar

29 ounces canned pears, light syrup

29 ounces canned peach slices, light syrup

16 ounces canned pineapple chunks, in own juice

8 ounces pitted prunes, dry pack

1 large cinnamon stick

8 whole cloves

3 tablespoons sugar, or Equal

[Brunch/Breakfast, Holiday, Picnic](#)

Carolyn T's Blog - Tasting Spoons:  
<http://tastingspoons.com>

**Servings: 12**

Preparation Time: 15 minutes

*You can vary the fruits you use - I have used canned cherries, but the juice is dark and it colors the liquid significantly. I prefer a clear juice. Have also used canned apricots, but they are such a fleshy, tender fruit, with time the apricots tend to become mushy. I also have added small chunks of peeled fresh apple, which is a really nice texture to the fruit. I don't know whether the apple will change the time this mixture would keep or not (it shouldn't - it should be like a pickling liquid).*

1. In small saucepan combine vinegar, sugar, cinnamon stick and cloves and bring to boil and simmer until sugar is completely dissolved and spices have had some time to blend. Allow to cool slightly. In a large refrigerator container (with lid) pour the juices from all of the fruit, stir, add Equal, then add the pickling mixture. Add canned fruit and stir.

2. Cover and store in refrigerator. Will keep for several weeks (maybe even months - it just never lasts that long). If you served just the fruit and almost no juice, you should be able to just add more canned fruit without remaking the pickling mixture.

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Per Serving (excluding unknown items): 107 Calories; 1g Fat (7.2% calories from fat); 1g Protein; 27g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 13mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Fruit; 0 Fat; 1 Other Carbohydrates.