THE LIGHTER PLATE METHOD

Berry Compote Yoghurt Jars

Warm ruby compote swirled through cold yoghurt with toasted oats between the layers.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**8 min**	**12 min**	**2**	**EASY**

Ingredients

- 250 g frozen mixed berries
- 300 g natural yoghurt
- 40 g porridge oats
- 0.5 orange (zest and juice)
- 2 tsp honey
- 20 g flaked almonds

Method

1. Toast the oats and almonds together in a dry frying pan over a medium heat for 4 minutes, stirring, until fragrant. Tip out to cool.
2. Put the frozen berries in a small pan with the orange juice and honey. Cook over a medium heat for 6–8 minutes, until collapsed and syrupy.
3. Stir in the orange zest and leave to cool for a few minutes.
4. Layer the yoghurt and warm compote in two jars and top with the toasted oats and almonds.

Tips & swaps

- Make a double batch of compote; it keeps for a week in the fridge and turns a plain bowl of yoghurt into breakfast in ten seconds.

Storage & reheating

Compote keeps for a week in the fridge; assemble jars fresh.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
290	**13g**	**38g**	**9g**	**6g**

Estimated values, for guidance only. Contains: Milk, Oats (gluten), Tree nuts (almonds).