THE LIGHTER PLATE METHOD

Warm Spiced Winter Fruit with Yoghurt

Dried fruit plumped in spiced orange juice, served warm over cold yoghurt.



PREP	COOK	TOTAL	SERVINGS	DIFFICULTY
4 min	**16 min**	**20 min**	**2**	**EASY**

Ingredients

- 100 g dried apricots
- 100 g prunes
- 1 orange (juice and pared zest)
- 1 cinnamon stick
- 250 g natural yoghurt
- 25 g pistachios (chopped)

Method

1. Put the apricots, prunes, orange juice, orange zest and cinnamon stick in a small pan with 200ml water.
2. Bring to a simmer, then reduce the heat and cook gently for 15 minutes, until the fruit is plump and the liquid syrupy.
3. Remove the cinnamon stick and zest, and leave to cool for 5 minutes.
4. Spoon the warm fruit and its syrup over the yoghurt and scatter with pistachios.

Tips & swaps

- This keeps for a week in the fridge and is arguably better cold. Make it on a Sunday and you have breakfast sorted for several mornings.

Storage & reheating

Keeps in the fridge for a week.

Nutrition (per serving)

KCAL	PROTEIN	CARBS	FAT	FIBRE
260	**9g**	**42g**	**7g**	**6g**

Estimated values, for guidance only. Contains: Milk, Tree nuts (pistachios).