



Warming fruit bowl

All you need is fruits and seeds... and Alpro Simply Plain Big Pot

Preparation

1. Place the red fruit in a pan, drizzle with the honey (if using) and on a gentle heat warm through the fruit until soft and some juices begin to be released.
2. Divide the Alpro Simply Plain equally between four bowls and top with the warm red fruits and the mixed seeds.
3. Simple...enjoy!!



4 servings



8min



Ingredients

- 500 g frozen red fruit
- 1 tbsp honey (optional)
- 1 L Alpro Simply Plain alternative to yoghurt
- 8 tbsp mixed seeds - sunflower, flax, sesame and pumpkin seeds

Made with

Simply Plain

