



Poached Pink Lady® apples with pomegranate

Serving size: 2



Ingredients:

- ♥ 4 Pink Lady® apples
- ♥ 400ml South African white wine
- ♥ 200g Castor sugar
- ♥ Zest and juice 1 orange
- ♥ 4 cloves
- ♥ 1 cinnamon stick
- ♥ 200ml low-fat Greek yoghurt
- ♥ 1/2 tsp ground cinnamon
- ♥ 4 tbsp pomegranate seeds

Method:

1. Halve and core the Pink Lady® apples, and place in a saucepan with the wine, sugar, orange zest and juice and the cloves and cinnamon.
2. Simmer gently for approximately 30 minutes, until just tender but still holding their shape.
3. Mix together the yoghurt and ground cinnamon.
4. Serve warm or cold with the pomegranate seeds scattered over and a spoonful of the yoghurt, sprinkled with a little more cinnamon if desired.

Pink Lady®

Make healthy living a part of your active lifestyle with Pink Lady® - naturally!

