

- Honey and Rosemary Roast Plums -

breakfast > Honey and Rosemary Roast Plums



serves 2 and ready in about 25 minutes

Shopping LIST:

4 firm ripe red plums (approximative 420g). Dried rosemary (to sprinkle over), 3tbsp clear honey (approximative 90g), zest and juice of ½ orange, 150g Greek-style yogurt, 40g muesli, fresh ground cinnamon.

Method:

- Preheat the oven to 170°C fan.
- Halve and stone 4 firm ripe red plums (approximative 420g). Arrange them cut side up in an ovenproof dish large enough to hold them in a single layer. Sprinkle dried rosemary over the top of the plums.
- Mix together 3tbsp clear honey (approximative 90g), grated zest and juice of ½ orange, then pour over the top of the plums.
- Cover the dish with foil and bake in the preheated oven for 15 minutes until the plums are tender. Leave the plums to cool for 10 minutes.
- To serve, divide the warm plums and their syrupy juices between two bowls. Add 75g Greek-style yogurt and sprinkle 20g muesli to each bowl. Add also a pinch of fresh ground cinnamon to each bowl.

"bon appétit"



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