



APPLE GRANOLA YOGHURT POTS

Serves 4

For the compote:

4 apples
80ml apple juice
1 tsp cinnamon
80g cassonade

For the granola:

100g oats
20g almonds
40g pecans
50g pain d'épices (optional)
50ml apple juice
50ml maple syrup
1 tsp vanilla extract
½ tsp cinnamon
½ tsp salt
1 tbsp sunflower oil

300g yoghurt

Start by making the granola: Preheat the oven to 160°C fan.

Roughly chop the almonds and pecans. Cut the pain d'épices into small cubes.

Combine the oats, nuts, pain d'épices and cinnamon in a big bowl. Mix the apple juice, maple syrup, sunflower oil, vanilla extract and salt in a jug and pour over the dry ingredients. Mix well and evenly spread out on a baking sheet.

Bake in the oven for 30 minutes, stirring every 10 minutes to make sure it bakes evenly.

While the granola is baking, prepare the compote. Peel and core the apples and cut into 1 cm cubes. Put into a saucepan, add the apple juice, cinnamon and cassonade. Cover with a lid and cook for about 15 minutes, until the fruit has softened and most of the liquid has evaporated, stirring from time to time. Mash with a fork and set aside to cool.

Once the compote and the granola are cool, assemble the pots. Put a couple of tablespoons of apple compote into the bottom, top with a couple of tablespoons of yoghurt and sprinkle with granola.

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