



## Western Cape Poached Peach and Plum Breakfast

This really is a peachy breakfast! It's healthy and sustaining, making you feel full all morning – and it provides your body with good nutrition.

**Preparation time: 10 minutes, plus overnight soaking**

**Cooking time: 5 minutes**

**Serves: 6**

2 South African peaches, pitted and sliced  
4 South African plums, pitted and sliced  
Finely grated zest of ½ lemon  
3tbsp light muscovado or caster sugar  
150g rolled oats  
2tbsp chia seeds  
2tbsp sultanas or raisins  
50g whole almonds, chopped  
1 apple  
400ml almond milk (or regular milk)  
4tbsp thick Greek yogurt



**1** Put the South African peaches and plums into a saucepan with the lemon zest, 1 tablespoon of sugar and 100ml water. Heat and simmer gently until the fruit is soft – about 5 minutes. Cool, then refrigerate.

**2** Toast the rolled oats in a dry frying pan, or sprinkle them onto a baking sheet and toast them under the grill until lightly browned. Mix them with the remaining sugar, chia seeds, sultanas or raisins, almonds, grated apple and almond milk (or regular milk). Stir well, cover and refrigerate overnight.

**3** Next morning, serve portions of the breakfast topped with thick Greek yogurt and the poached fruits, with the juice spooned over.

**Cook's tip:** Take care when toasting the oats – they can soon burn!

<b>Nutritional values</b>	Per 258g serving	Per 100g
Energy	<b>1320kj/315kcal</b>	<b>512kj/122kcal</b>
Fat	<b>11.2g</b>	<b>4.3g</b>
<i>of which saturates</i>	<b>2.4g</b>	<b>0.9g</b>
Carbohydrate	<b>39.3g</b>	<b>15.2g</b>
<i>of which sugars</i>	<b>21.9g</b>	<b>8.5g</b>
Fibre	<b>7.5g</b>	<b>2.9g</b>
Protein	<b>9.8g</b>	<b>3.8g</b>
Salt	<b>0.2g</b>	<b>0.1g</b>

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