



Spiced Apple Compote
with
Melon & Cucumber Smoothie

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Serves 4 | Preparation 35 mins | Cooking 30 mins

Apple compote ingredients:

4 Bramley apples, peeled, cored and cut into chunks
150g caster sugar
5g ground cinnamon
1 lemon (zest grated and juice removed)
1 orange (zest grated and juice removed)
85g sunflower seeds
5ml olive oil
50ml clear honey
5g grated nutmeg

Smoothie ingredients:

1 small ripe green flesh melon
1 cucumber peeled and chopped
2 limes (juice only)
6 basil leaves
60g low fat yoghurt
30ml clear honey
Handful of ice cubes

"For a flavour change to the smoothie, change the basil leaves to mint for a refreshing summer drink."

For the compote:

1. Place the apples, sugar, cinnamon, lemon and orange zest and juice in a saucepan. Bring to the boil and reduce the heat to a gentle simmer for 10-11 minutes until a nice thick puree is formed.
2. Cool the puree and chill in the fridge. Lightly grill the sunflower seeds until golden brown and then chill.
3. Pour the chilled puree into individual glasses and top with a little honey, a sprinkling of seeds and a dust of nutmeg.

For the smoothie:

4. Deseed the melon and remove the flesh from the skin, add to a food processor or liquidiser with the lime juice and blitz to a smooth puree.
5. Add the basil, yoghurt, honey and ice cubes. Blend until smooth. Serve in chilled glasses.

BE PART OF IT

with Matt Dawson

Nutritional analysis per portion:

Energy	Energy	Protein	Carbohydrate	of which sugars	Fat	Sat Fat	Salt
308Kcal	1294KJ	7.2g	45.7g	42.1g	12.3g	1.6g	0.2g

sodexo