

Breakfast Bonanza

Pukka Pomegranate



Pomegranate and Orange salad (Serves 2)

Ingredients:

- 1 Pomegranate
- 1 large Orange
- 8 mint leaves
- 1 teaspoon sugar (optional)

Equipment:

- Knife
- Chopping board
- Plate
- Teaspoon



Method:

- 1 Peel and slice orange.
- 2 Halve pomegranate and scoop out flesh.
- 3 Finely chop mint leaves.
- 4 Lay orange and pomegranate onto a plate, sprinkle with mint and sugar.

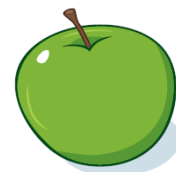
Pomegranate fool (Serves 2)

Ingredients:

- 1 Pomegranate
- 2 cups Natural yoghurt
- 2 tablespoons apple juice
- 1 tablespoon honey

Equipment:

- Knife
- Chopping board
- Tablespoon
- Bowls



Method:

- 1 Halve the pomegranate and scoop out flesh.
- 2 Combine all ingredients in a bowl reserving a few pomegranate seeds to garnish.
- 3 Scoop into two bowls, sprinkle with seeds.

... Adding whipped cream is indulgent and delicious but should be reserved for special occasions.

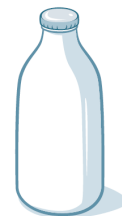
Pomegranate porridge (Serves 2)

Ingredients:

- 1 Pomegranate
- 1 cup porridge oats
- 1.5 cups semi skimmed milk
- 1 tablespoon honey

Equipment:

- Cup
- Pan
- Spoon
- Tablespoon
- Knife
- Chopping board



Method:

- 1 First to make the porridge, add the oats and milk to a gentle heat and heat, stir occasionally.
- 2 Stir in honey to sweeten.
- 3 Halve the pomegranate and scoop out flesh.
- 4 Sprinkle pomegranate over the porridge – enjoy.