

## Yoghurt, Apricot and Pistachio Pots



"These yoghurt pots have a taste of the Middle East, and though they're deliciously sweet, they also manage to tick the healthy box. A lovely light dessert, they're also perfect for breakfast". - Rachel Allen

### Ingredients

- ♦ 250g (9oz) dried apricots, halved
- ♦ 200ml (7fl oz) freshly squeezed orange juice
- ♦ 6 tsp runny honey
- ♦ 150ml (5fl oz) natural Greek yoghurt
- ♦ 15g (1/2oz) shelled pistachios, roughly chopped

Makes 4 Pots

### To Cook

Place the apricots in a small saucepan with the orange juice and 2 teaspoons of the honey. Simmer for about 10 minutes or until soft and plump, then remove from the heat and allow to cool.

Divide the fruit and its juices between the glasses, then add the yoghurt, spooning it over the top of the fruit before drizzling each serving with 1 teaspoon of honey and scattering over the chopped pistachios.