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## Recipe: Poached fruit with vanilla

By Emma Sutherland | 28 November 2016

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I love using this in porridge, Bircher muesli, cereal, or for tackling sweet cravings after dinner with natural yoghurt and chia seeds.

### Poached fruit with vanilla

- 5 brown pears
- 3 red delicious apples
- 1 vanilla bean pod
- 1 stick of cinnamon
- ½ teaspoon Naturally Better

Cut apples and pears into 2cm chunks and place in large saucepan with 1 cup of filtered water. Cut vanilla bean in half and scrape out flesh. Add flesh to saucepan and the pod as well for extra flavour. Remember to remove the pod before serving. Break cinnamon pod in half and add to saucepan along with Naturally Better then simmer gently for 30 minutes.

Place in single portion-size containers, and freeze.

Naturopath Emma Sutherland is brand ambassador for Zifam Pinnacle, makers of Naturally Better sweetener.

