

Sweet cous cous with juice and dried fruit



Serves 2

Ingredients

1/2 cup freshly squeezed orange juice
1/3 cup couscous
60g dried figs, diced
1/4 cup currants
40g pitted prunes, diced
pinch ground cinnamon
1/2 cup plain low-kilojoule yoghurt

Method

Heat orange juice in a small saucepan until hot (do not boil). Pour hot juice over couscous in a medium bowl and stir well.

Stand, covered, for 2 minutes, then stir again. Repeat until fluffy. Stir through dried fruit.

Serve with a sprinkle of cinnamon on top and a dollop of yoghurt on the side.

Tip

You can store any leftover couscous and fruit in an airtight container in the fridge. Just warm it up in the microwave on medium before adding the cinnamon.

Source: www.dailylife.com.au