

# Apricots with brown sugar yoghurt & panettone



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**Preparation:** about 15 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4

$\frac{3}{4}$  cup thick natural yoghurt  
2 tbs brown sugar  
 $\frac{1}{4}$  cup caster sugar  
8 plump ripe apricots, halved and stones removed  
4 slices panettone\* crusts removed and cut into triangles

1. To make brown sugar yoghurt, place yoghurt and brown sugar in a bowl. Stir to combine. Set aside for 10 minutes
2. Heat a large heavy-based frying pan over medium-high heat. Place caster sugar on a plate. Dip cut side of apricots into sugar to evenly coat surface. Place apricots, sugar-coated side down, into pan and cook for 3-4 minutes or until apricots begin to caramelize. Turn apricots and cook for 2-3 minutes until tender.
3. Toast panettone until golden. Arrange apricots on a serving platter or plates. Serve with panettone and brown sugar yoghurt.

*\*Panettone is a spiced yeast bread containing sultanas and candied peel, it's sold in supermarkets. If preferred, use raisin or fruit bread.*



### Apricots

- A good source of dietary fibre, which is important to keep the intestine healthy.
- The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and has an important role in eye health.