Poached plums with coconut chia

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Preparation 15 mins + chilling time | Cooking 5 mins | Serves 4

This is excellent for a healthy dessert or can be served brunch.

500g plums, chopped, deseeded and roughly chopped
2 tbs caster sugar

Coconut chia:
2 tbs white chia seeds
2 tsp caster sugar
¾ cup reduced fat coconut milk

STEP 1   Place plums and sugar in a 4-cup shallow oven-proof dish. Cover and microwave on high for 4-5 minutes until tender. Carefully remove and stand for 30 minutes to cool. Place into an airtight container and chill until ready to serve.

STEP 2   To make coconut chia, combine all ingredients in a small bowl. Stir until well combined. Evenly spoon into base of 4 serving glasses cover and refrigerate for 3 hours or until just firm.

STEP 3   To serve, spoon poached plums over coconut chia and serve.

Good for you… *PLUMS*

A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation. Provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection. The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants.