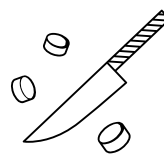


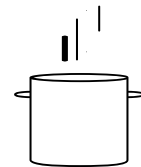


Blood Oranges with Pomegranate Seeds and Dark Agave

Mark Sargent shows us how a few additional ingredients can make a quick, easy and light dessert or snack.



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Ingredients

- 8 large blood oranges, peeled and sliced into thin rounds
- 5 tbsp The Groovy Food Company Agave Nectar Rich and Dark
- 3 tbsp pomegranate seeds
- ½ teaspoon ground cinnamon
- ¼ teaspoon fine sea salt
- 8 large medjool dates, pitted, chopped
- 15g flaked almonds
- Mint to garnish

Directions

1. Arrange orange slices, overlapping slightly, on a large serving plate.
2. Whisk the Groovy Food Company Agave Rich and Dark, pomegranate seeds, ground cinnamon, and sea salt in small bowl to blend then drizzle evenly over oranges (if it's too thick to drizzle then add a splash of warm water).
3. Sprinkle oranges evenly with chopped dates and flaked toasted almonds and garnish with lots of fresh mint.
4. Serve with chilled natural yoghurt.