

Vanilla Poached Peaches



Serves 4 Prep 5 mins

Cooking 20 mins

Easy

Ingredients

4 ripe peaches
425ml water
1tbsp honey
1 vanilla pod, split natural yogurt, to serve

1. Pour boiling water over the peaches, leave for 2 minutes then place in a bowl of ice-cold water. Remove the skins of the peaches. Place the peaches in a small pan and pour in the water and honey.
2. Scrape the seeds from the vanilla pod and add these and the pod to the pan. Bring to a simmer and cook for 15-20 minutes, turning the peaches occasionally, until they are soft. Remove the peaches from the pan. Boil the syrup to reduce by a quarter, then pour over the peaches and leave to cool.
3. Serve with dollops of natural yogurt