

Fruit Recipes

Real Fruit Power Vanilla Pomegranate Parfaits



Each day turns into festivity with this rich and creamy dessert. Take out small glasses and fill them with this vanilla, bean-flecked pudding.

INGREDIENTS:

•For the pudding:

- Low-fat milk - 1 cup
- Half-and-half - 3/4 cup
- Vanilla extract - 2 teaspoons
- Targe egg - 1
- Egg yolk - 1 large
- Sugar - 1/3 cup
- Cornstarch - 1 ½ tablespoons
- Butter - 1 tablespoon

For the topping:

- Sugar - 2 tablespoons
- Cornstarch - 2 teaspoons
- Pomegranate seeds - 1 cup
- Real pomegranate juice - 2/3 cup
- Lemon juice - 1 tablespoon

METHOD FOR PREPARATION

Step 1

To prepare compote, mix the sugar and cornstarch and add pomegranate seeds, Real pomegranate juice and lemon juice.

Step 2

Stir to combine.

Step 3

Bring to a boil over medium-high heat and cook, stirring, until syrupy; refrigerate.

Step 4

To prepare pudding, combine milk and vanilla extract, bring to a simmer over medium heat.

Step 5

Remove and let it soak up for 5 minutes.

Step 6

Meanwhile, whisk egg, sugar and cornstarch.



METHOD FOR PREPARATION

Step 7

Reheat the milk mixture and whisk one-third of the steaming milk into the egg mixture.

Step 8

Pour the egg-milk mixture back into the pan.

Step 9

Cook over medium heat, whisking constantly, until very thick.

Step 10

To prepare parfaits, divide the compote amongst the serving glasses, and pour the pudding mixture over.

Step 11

Cover and refrigerate.

SERVING SUGGESTION:

Sprinkle a bit of black pepper to garnish as well as add a flavour to the taste.

The best part of this salad is its customizable dressing. Tweak as per your kid's taste. And let both of you enjoy a hale and hearty meal together.

