

ALMOND COUSCOUS WITH CRANBERRIES AND PINEAPPLE



By Food lovers recipes

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I have been preparing breakfast with groats and flakes. This time I chose couscous. This product is a cross between pasta and groats, and it doesn't need long to prepare. It is enough to add hot water or milk and leave for a few minutes. I added some fresh pineapple, cranberries and banana. I spiced it up with some hot chili pepper .

Ingredients (for 2 people)

125 g of couscous

400 ml of almond milk

1 tablespoon of honey

1 teaspoon of vanilla essence

2 slices of fresh pineapple

1 teaspoon of minced chili pepper

150 g of fresh cranberries

2 tablespoons of brown sugar

1 banana

4 tablespoons of flaked almonds

Wash the cranberries and put them into a pot. Add two tablespoons of water and the brown sugar. Boil, stirring gently until the cranberries burst and the sauce has

thickened. Boil the almond milk with the vanilla essence. Pour the milk into the couscous and leave for 5-7 minutes. Slice the banana and roast the almond flakes. Peel the pineapple and dice it. Mix the pineapple, chili pepper and honey. Add the pineapple to the couscous and mix it in. Put the mixture into two bowls. Put the cranberries and banana on the top and sprinkle with the almond flakes.

Enjoy your meal!

Recipe and photo Katarzyna Pośluszny

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