

## Roast Spiced Plums

Makes 4 servings

8 firm plums  
Rind & juice of 1 orange  
Rind & juice of 1 lemon  
2 tbsp soft brown sugar  
1 cinnamon stick  
1 star anise  
2 bay leaves

1. Pre heat the oven to 200C/400F/Gas6
2. Half and remove the stones from the plums. Do this by running a sharp knife horizontally around the plum, twisting the two halves apart and then cutting around the stone to remove it. If you have ripe plums, you might be able to use your fingers to remove the stone.
3. Put the plum halves in an oven proof dish, scatter over the lemon rind, orange rind, cinnamon stick, star anise and bay leaves.
4. Pour over the lemon juice, orange juice and sprinkle over the sugar.
5. Mix everything together, making sure the spices are tucked underneath the skin side up plums.
6. Put the dish into the oven, uncovered and bake for between 10 and 20 minutes approx.



Nutritional information  
per serving

Kcal	133
Fat	0.5g
Saturates	0g
Carbs	35g
Protein	1.6g
Sugar	30.8g
Salt	4mg

### *Hints, Tips and Variations*

*Gluten free, dairy free, vegetarian, vegan. Reheat in a microwave. Timings will depend on how ripe & what variety of plums you have. Check them every 10 mins or so.*

*Add a little extra sugar if needed, again this will depend on the variety of plum.*

*Use peaches, nectarines, greengages for a change as they come into season.*

*Eat with porridge, muesli or cereal for breakfast, serve with ice cream, cream, yogurt or crème fraiche for dessert.*