

Recetas Con Miel



Oranges and Raspberries with Lavender Honey and Yogurt

Ingredients:

- 1 cup honey
- 1 tablespoon dried lavender blossoms
- 4 cups orange sections (about 6 large oranges)
- 2 cups fresh raspberries
- 1 tablespoon grated orange rind
- 4 cups low-fat vanilla frozen yogurt
- Fresh lavender blossoms (optional)

Preparation

Combine honey and dried lavender blossoms in a small saucepan. Cook over low heat 20 minutes. Remove from heat; cool. Pour mixture through a sieve over a small bowl; discard solids.

Combine orange sections, raspberries, rind, and 1/2 cup lavender honey in a large bowl; toss to coat. Cover and chill 1 hour.

Spoon fruit mixture over frozen yogurt. Drizzle with remaining 1/2 cup lavender honey. Garnish with fresh lavender, if desired