



# PEAR, CRANBERRY & POMEGRANATE OATMEAL

## Ingredients

40g oatmeal  
½ teaspoon cinnamon  
2 tablespoons Mr Fitzpatrick No  
Added Sugar Cranberry &  
Pomegranate Cordial  
2 tablespoons dried cranberries  
2 tablespoons pomegranate seeds  
200ml almond milk  
For the caramelised pears –  
1 pear, chopped  
1 tablespoon coconut oil  
1 tablespoon maple syrup or coconut  
nectar  
Small handful walnuts

## How to

1. Make the oatmeal:  
Place everything in a pan and simmer for 5 minutes until thick and creamy.
2. Meanwhile, heat the coconut oil and maple syrup in a pan then throw in the pear and walnuts and stir well.
3. Continue cooking and stirring for 5 minutes on a medium to high heat to allow them to gently caramelize.
4. Serve your oatmeal in a generous bowl and top with the pear mixture including any extra syrup.
5. Scatter over extra dried cranberries and pomegranate seeds