



## Get comfortable with your tummy

NEW FOOD IDEAS

Improve your digestive comfort by eating two pots of Activia yoghurt a day for four weeks, while maintaining a balanced diet and healthy lifestyle. Activia is available in a range of flavours – go to [activia.com.au](http://activia.com.au) for more details. Try this delicious breakfast idea...

DANONE  
ACTIVIA  
CHALLENGE  
New Idea

TIP  
Pots and apricots can be made up to three days ahead. Keep covered, in the fridge. We used Australian apricots in this recipe.

### Chia and Mango Yoghurt Pots with Apricots

Makes 2, Prep 5 mins, Cook 5 mins

2 x 125g tubs Danone Activia Mango yoghurt	1 Combine yoghurt, water and chia seeds in a bowl. Divide between two serving glasses (1-cup capacity). Cover. Refrigerate overnight.	saucapan. Bring to boil. Simmer, stirring occasionally, for about 5 minutes, or until slightly thickened. Remove from heat. Cool.
¼ cup water	2 Combine apricots, juice and syrup in a medium	3 To serve, spoon apricot mixture over yoghurt pots.
2 tbsps black chia seeds		
½ cup dried apricots		
¼ cup orange juice		
2 tbsps maple syrup		

## KNOW YOUR PEARS

**PACKHAMS** have a green skin that turns a paler colour as it ripens. The flesh is juicy and white. They're great for lunchboxes.

**JOSEPHINES** are a squat shape with a shiny green skin. They can be eaten while still firm and crisp, or left to soften until juicy and sweet. Perfect in salads and slaws.

**CORELLAS** have a beautiful pink to red blush on the skin, with a dense, white flesh. They range in small to medium size, making them handy for lunchboxes, cheese platters and salads.

**BEURRE BOSCS** are brown, rough-skinned pears that are great for cooking. The cooked flesh is very sweet and tender.

### GREAT BOOKS FOR MUM

- The Monday Morning Cooking Club is a group of passionate Jewish home cooks who've been meeting and cooking together every week for more than 10 years. *Monday Morning Cooking Club* (HarperCollins, \$39.99) is full of wonderful recipes for the family as well as entertaining a crowd.
- Stephanie Alexander's *Kitchen Garden Companion Cooking* (Penguin Random House Australia, \$49.99) is the ideal gift for mums who love to cook – and garden! With more than 250 fabulous recipes, the cookbook has personal anecdotes from Stephanie on how to use fresh ingredients from the garden.

