



Sweet Yogurt Sundae with Saffron & Pomegranate

NIBBLEDISH CONTRIBUTOR

Ingredients

4 cups plain yogurt 1/4 cup honey 1/4 teaspoon freshly grated nutmeg 1/4 teaspoon ground cardamom 1/2 pomegranate 2 kiwis large pinch of saffron strands

Instructions

1. Line a large sieve or colander with cheesecloth. Place colander over a bowl. Place yogurt in colander to drain for 2-3 hours in the refrigerator. Discard the water (or whey.) Turn the yogurt into a bowl and mix in the honey, nutmeg and cardamom. 2. Lightly toast the saffron strands in a small dry skillet over medium heat, until brittle. Let saffron cool on plate and with your fingers, finely crush the strands. Cut kiwi into small pieces and remove the seeds from the pomegranate. 3. Layer yogurt, fruit and saffron in dessert cups.