



APPLE BERRY FOOL

Dessert: this recipe contains a portion of fruit and a portion of dairy.

Recipe adapted from: Children's Food Trust, Recipe for success – After-school club recipes and tips

Ingredients

200g eating apples, cored and sliced
5ml (1tsp) lemon juice
150g raspberries, fresh or frozen
150g strawberries, fresh or frozen
150g blueberries, fresh or frozen
90g caster sugar
25g custard powder
400ml semi-skimmed milk
400g natural plain low-fat yoghurt

Method

1. Place the apples in a saucepan with the lemon juice, berries and sugar. Cook to a pulp.
2. In a measuring jug, blend the custard powder with a little milk.
3. Heat the remaining milk, pour onto the blended custard powder, then return to the pan and cook over a gentle heat, stirring, until thick.
4. Beat the custard into the fruit pulp then allow to cool.
5. Stir the yoghurt into the custard/fruit mixture.
6. Spoon into bowls and chill.

Serving suggestion: layer the fruit custard and yoghurt and decorate with extra berries.



Number of portions this recipe makes:

10 primary servings (155g)
6 secondary servings (260g)



Prep: 20 minutes
Cook: 30 minutes



Allergy information:
Milk



Top Tips

Rhubarb and orange makes a seasonal variation

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose milk which is reduced fat (i.e. has a fat content of no more than 1.8g/100g).

