Fruity Pud

(Serves 4)

Preparation time = 35 minutes

INGREDIENTS

- 200g strawberries
- 200g raspberries
- 200g low fat soft cheese
- 200g low fat natural yoghurt
- 1 teaspoon vanilla extract
- 25g caster sugar

Method:

1. Cut the strawberries in half
2. Reserve roughly one third of the strawberries and one third of the raspberries. Use a hand blender to puree the remainder.
3. With a fork beat together the soft cheese, yoghurt, vanilla extract and sugar.
4. Combine ***half*** the soft cheese mixture with ***half*** the pureed berries.
5. Reserve a few of the berries for decoration and then place the remainder in the base of up to four serving glasses.
6. Top with a layer of the plain soft cheese mixture, then with a layer of the pureed berry mixture and finally a layer of the pureed berry and soft cheese mixture.
7. Decorate with the reserved fruit and chill in the fridge until ready to serve.

EQUIPMENT

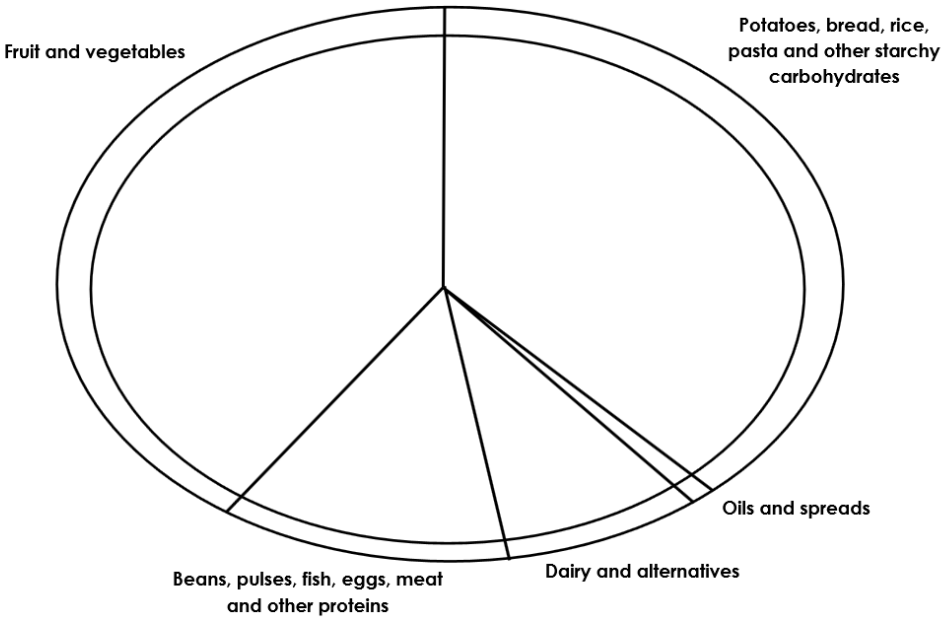
- Weighing scales
- Measuring spoons
- 4 clear plastic cups / glasses
- Hand blender
- Fork
- Mixing bowls
- Spoons

What skills have I learnt?

☐ Weigh	☐ Follow recipe	☐ Open tin	☐ Peel	☐Knead
☐ Cut	☐ Spread	☐ Grate	☐ Break an egg	☐ Mash
☐ Stir	☐ Blend	☐ Mix	☐ Fold	☐ Beat
☐ Grill	☐ Chop	☐ Bake	☐ Whisk	☐ Boil
☐ Sieve	☐ Pour	☐ Roll	☐ Rub	☐ Fry

What food groups are used?

Refined high sugar and/or fat foods



The Taste Test!

Taste and rate the dish with your family and friends. Mark the taste, texture and appearance out of 5, with 5 being the best!

Name	Appearance (tick)					Taste (tick)					Texture (tick)				
	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5

Comments:

.....

.....

.....

Will you cook this dish at home?

Yes ☐ No ☐