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).