



SUMMER FRUIT YOGHURT CRUNCH POTS

50% Fruit-Based Dessert: This recipe provides a portion of fruit. It also counts towards the standard to provide a 50% fruit-based dessert at least twice each week.

Recipe adapted from: Food for Thought, Liverpool.

Ingredients

350g unsaturated fat spread
350g caster sugar
220g golden syrup
500g porridge oats
1kg blueberries
1kg raspberries
1kg strawberries
1L low-fat natural yoghurt

Method

1. Preheat the oven to 190°C/375°F/gas mark 5.
2. Gently melt the fat spread, sugar and golden syrup in a heavy bottomed saucepan.
3. Stir in the oats and mix well ensuring they are well coated.
4. Line a baking tray with parchment paper.
5. Spread the oat mixture over the baking tray to a thickness of around 2cm.
6. Cook for 20 minutes until set and golden brown.
7. Mix the blueberries, raspberries, and strawberries in a bowl.
8. Portion the mixed fruit into pots or serving dishes.
9. Layer the yoghurt on top of the fruit.
10. Crumble the cooled oat mix over the top and serve.



Number of portions this recipe makes:

60 primary servings (105g)
38 secondary servings (165g)



Prep: 20 minutes
Cook: 20 minutes



Allergy information:

Milk, oats (gluten)



Top Tips

Use grapes and sliced melon if no seasonal fruit is available.

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 spreads based on unsaturated fats.

Serving suggestion: serve in a clear pot to see the layers.