



FRUIT BRULEE

Preparation: 5 mins

Cooking: 5 mins

Serves 4, costs under £3.00

V Vegetarian

G Gluten Free

This recipe counts towards your 5 a day

INGREDIENTS

- 8 Tablespoons Natural Yogurt (320g) (Low fat)
- 25 Raspberries (100g)
- 8 Strawberries (100g)
- 1 Banana (120g)
- 2 Tablespoons Brown Sugar (40g)

TIP

For something different try using other soft fruits, such as blackberries or blueberries.

METHOD

1. Wash the raspberries and strawberries and peel the banana.
2. Chop the strawberries and banana into bite-sized pieces.
3. Place a handful of mixed fruit in the bottom of 4 small dishes.
4. Spoon yogurt over the fruit until covered and sprinkle sugar on top
5. Place the dishes under a hot grill until the sugar melts.
6. Allow the sugar to set (harden) then serve.

BE ALLERGY AWARE

Always check the label of each ingredient for allergy warnings.

NUTRITIONAL INFORMATION

Based on a single serving of 150g

ENERGY
128 kcals
543 kJ

FAT
0.8g

LOW

SATURATES
0.4g

LOW

SUGAR
23.3g

MED

SALT
0.2g

LOW

Please note: nutritional information will vary dependent on any additions/substitutions made to the recipe

The **Eatwell Guide** shows the proportions of the main food groups that form a healthy, balanced diet. Use the Eatwell Guide to help you get a balance of healthier and more sustainable food.



Eat at least 5 portions of a variety of fruit and vegetables every day

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible



Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)



Choose unsaturated oils and spreads and eat in small amounts

Drink 6-8 cups/glasses of fluid a day. Water, lower fat milk, sugar free drinks including tea and coffee all count



Eat less salt – no more than 6g a day for adults which is equivalent to 1 teaspoon

Foods and drinks high in fat, salt or sugar should be eaten less often and in small amounts

