

Fresh for kids! Berry yoghurt sundae



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Serves: 4 kids
Preparation: 12 minutes
(+ chilling time)
Cooking: 4 minutes



Great for a quick breakfast or healthy dessert! Poach the berries in advance and refrigerate in an airtight container so they're ready to serve.

400g mixed strawberries,
blueberries and raspberries
1½ tbs caster sugar
¼ cup water

200g carton thick natural yoghurt
1 cup toasted muesli

1. Roughly chop strawberries and place into a small saucepan. Add blueberries to pan. Set raspberries aside.
2. Add caster sugar and water to the pan and gently stir to combine. Cover and cook over medium heat for 1–2 minutes or until simmering. Gently stir in raspberries, simmer for 1 minute then remove from heat. Place berries and syrup into a medium airtight container and refrigerate until chilled.
3. To serve, layer chilled berries and syrup, yoghurt and toasted muesli in serving glasses.

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