

Fruity Fool

(serves 4)

Preparation time = 30 minutes



Method

1. Drain the juice from the tinned fruit
2. Blend fruit until smooth
3. Spoon the blended fruit puree, yoghurt and fresh fruit in alternating layers into four glasses or dishes, swirling them together to give a marbled effect
4. If you have time allow to set in the fridge for ½ hour
5. Sprinkle with optional topping and serve, mmmh...delicious!

INGREDIENTS

- 400g can peaches or apricots in juice
- Chopped fresh fruit e.g. grapes, blueberries, strawberries
- 1 large pot of thick-set yoghurt
- Optional: crushed biscuits; chocolate flakes/chips or flaked almonds

EQUIPMENT

- Sieve
- Chopping Board
- Knife
- Food processor/hand blender
- Spoons
- Glass