

Strawberry swirl yoghurt & banana sundaes



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Preparation: about 20 minutes

Serves: 4

Enjoy these sundaes for breakfast or brunch. The strawberry sauce can be stored in an airtight container in the fridge for up to 2 days.

375g strawberries, hulled

1 tbs caster sugar

600g reduced fat thick Greek-style or natural yoghurt

2 ripe bananas

1. Place 250g strawberries into a blender. Sprinkle with caster sugar. Blend, stirring if necessary, until pureed.
2. Place yoghurt in a bowl. Swirl pureed strawberries through yoghurt.
3. Peel and slice bananas. Chop remaining strawberries. Layer strawberry swirl yoghurt, bananas and strawberries in 4 serving glasses and serve.



Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- Antioxidant content is higher in ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.
- They are a good source of dietary fibre. Fibre helps prevent constipation.