

Breakfast fruit & yoghurt sundaes



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Preparation: about 20 mins Serves: 4

Ingredients:

- 2 tbs caster sugar
- 2 tbs water
- 250g strawberries, hulled and chopped
- 1/2 medium papaya, peeled, deseeded and chopped
- 3 blood oranges, peeled (all pith removed) and chopped
- 2 just-ripe bananas, peeled and sliced
- 400g thick natural reduced fat yoghurt

Method:

1. To make strawberry sauce, stir caster sugar and water in a small saucepan over medium heat until boiling. Add strawberries and cook for 1-2 minutes or until just softening. Remove from heat and set aside to cool. Using a blender, puree strawberries until smooth (do not strain). Place sauce in an airtight container until ready to serve*.
2. To make sundaes, combine papaya, blood oranges and bananas in a medium bowl. Spoon fruit, yoghurt and strawberry sauce into serving glasses or bowls and serve.

*The strawberry sauce can be stored in the fridge for up to 2 days.



Papaya:

- One of the most nutritious fruits with a high content of vitamin C (200g would provide 3-4 day's supply) and beta carotene, which the body converts to vitamin A.
- A great way to get dietary fibre, which is needed to keep the intestine healthy.
- Rich in many antioxidants which help protect body tissues against some aspects of ageing.