

Fruit with orange syrup & yoghurt



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Ingredients:

- 2 oranges, juiced
- 2 tbs honey
- 100g blueberries
- 250g strawberries, hulled and halved
- 1 medium ripe papaya, peeled, deseeded and sliced lengthways
- 2 ripe Lady finger bananas, peeled and halved lengthways
- 200g carton thick natural yoghurt
- 1/4 cup unsalted raw mixed nuts, chopped

Method:

1. Place orange juice and honey in a small saucepan. Heat, stirring often, over medium-high heat until boiling. Reduce heat to medium and gently boil for 6-8 minutes or until reduced by one third and slightly syrupy. Set aside to cool for 10 minutes.
2. Arrange fruit on serving plates, spoon over yoghurt and sprinkle with nuts. Drizzle with warm orange syrup and serve.

Serves: 4

Preparation: 12 minutes

Cooking: 6-8 minutes
(+ cooling time)

Health benefits:

Blueberries

Blueberries are a good source of fibre and vitamin C and provide small quantities of other vitamins and minerals.

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