

Papaw with gingernut yoghurt



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Preparation about 15 minutes + chilling time
Serves 4

- 8 (110g) Gingernut biscuits
- 2 cups Greek-style natural yoghurt
- 1–2 tbs icing sugar, to taste
- 1 small (about 800g) ripe papaw
- 2 tbs lime juice
- Lime wedges, to serve

1. To make gingernut yoghurt, place biscuits in a plastic bag and roughly crush using a rolling pin. Combine crushed biscuits, yoghurt and icing sugar in a bowl. Mix well. Cover and refrigerate for 30 minutes.
2. Deseed, peel and chop papaw and place in a bowl. Drizzle with lime juice.
3. To serve, spoon gingernut yoghurt into 4 serving glasses. Top with papaw and serve with lime wedges.



Papaw

- One of the most nutritious fruits with a high content of vitamin C (200g would provide as much as we need in several days) 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 may help protect body tissues against some aspects of ageing.