

Summer fruit salad with honeycomb cream



Summer fruit salad with honeycomb cream

Preparation: about 20 minutes (+ chilling time)

Serves: 4

- 4 ripe apricots
- 2 ripe nectarines
- 2 ripe peaches
- 8 lychees
- 250g cherries

Honeycomb cream

- 1 cup thickened cream
- 1 tsp vanilla essence
- 1/2 cup thick natural yoghurt
- 3 x 50g chocolate honeycomb bars, roughly chopped

1. To make honeycomb cream, using electric beaters, whip cream and vanilla in a medium bowl until soft peaks form. Stir in yoghurt and chopped honeycomb. Cover and refrigerate for 2 hours until honeycomb is just soft.
2. Halve, deseed and cut apricots, nectarines and peaches into wedges.
3. Arrange apricots, nectarines, peaches, lychees and cherries on a large serving plate. Serve with honeycomb cream.



Cherries:

- Cherries are a good source of vitamin C. Twenty cherries provides 25% of your daily vitamin C requirements.
- The carbohydrate found in cherries has a low glycaemic index (GI), which means it is slowly absorbed and will provided long lasting energy.