

toffee summer fruits



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Ingredients:

12 pieces ripe stone fruit
such as peaches, nectarines,
apricots and blood plums
250g seedless grapes
200g cherries
1 cup white sugar
reduced fat vanilla ice-cream,
to serve

Health benefits of apricots:

- A good source of dietary fibre, which is important to keep the intestine healthy.
- The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and is especially important for the eyes.
- Low glycaemic index (GI), meaning their carbohydrate is released at a nice slow steady rate.

Method:

1. Halve stone fruit, remove seeds and cut fruit into thick wedges. Cut grapes into small bunches. Arrange stone fruit, grapes and cherries on a large serving plate.
2. Place sugar into a non-stick frying pan over low heat. Heat sugar, tilting the pan gently back and forth every few minutes, for 6-8 minutes until sugar melts and becomes a deep golden toffee colour. Do not allow toffee to burn, remove from heat when the toffee is almost full coloured.
3. Using a large spoon, swirl or drizzle hot toffee over fruit. Leave toffee at room temperature to set. Serve with reduced fat vanilla ice-cream.

Serves: 6

Preparation: 20 minutes
(+ cooling time)

Cooking: 6–8 minutes