



PEACHES WITH FRESH STRAWBERRY SAUCE & ICE-CREAM

PEACHES WITH FRESH STRAWBERRY SAUCE & ICE-CREAM

Preparation 15 mins + chilling time | Cooking 5 mins | Serves 4

4 ripe peaches

Reduced fat vanilla ice-cream

Fresh strawberry sauce (makes 1 cup):

250g strawberries, hulled and chopped

1 tbs icing sugar

STEP 1 To make strawberry sauce, combine strawberries and icing sugar in a small saucepan. Bring to the boil, stirring occasionally, over medium heat. Reduce heat and simmer for 3 minutes. Set aside to cool. Using a hand-held blender, blend until smooth. Transfer to a jug and chill until cold.

STEP 2 Halve, remove stones and cut peaches into 1cm-thick wedges. Layer peaches, ice-cream and strawberry sauce in serving glasses and serve.

Note; store any leftover strawberry sauce in an airtight container in the fridge for up to 2-3 days.



Good for you... **STRAWBERRIES**

A great source of vitamin C. One of the functions of vitamin C is to contribute to the normal functioning of the body's immune system.



SYDNEY MARKETS For more fresh fruit & veg recipes visit www.sydneymarkets.com.au

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited. SUM20