

# Fresh for Kids<sup>®</sup> Apple & cinnamon custard & chocolate sundaes



## Apple & cinnamon custard & chocolate sundaes

**Preparation:** about 20 minutes  
**Cooking:** about 20 minutes  
**Serves:** 4

6 Golden Delicious apples, peeled, cored and chopped  
1 cinnamon stick  
2 tbs caster sugar  
¼ cup water  
1½ cups reduced fat vanilla custard  
30g bar flaked chocolate, crumbled

1. Place apples in a medium saucepan. Add cinnamon stick, sugar and water. Stir to combine. Cover and bring to the boil over medium heat. Reduce heat and simmer, stirring occasionally, for 12–15 minutes until apples are tender. Remove from heat, remove cinnamon stick and set aside to cool slightly.
2. Layer warm apples, custard and flaked chocolate in 4 x 1 cup serving glasses and serve.

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### Golden Delicious apples

- A crunchy source of dietary fibre and also contains natural sorbitol. Both fibre and sorbitol help keep you regular.
- Good source of vitamin C. Among its many functions, vitamin C contributes to healthy bones, teeth and gums.
- Low GI which means its carbohydrates are digested and release their energy slowly.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au)

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