

Fresh berries in maple & orange syrup



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Preparation 10 mins + chilling time | Cooking 5 mins | Serves 6

- 2 oranges, juiced
- 1 tbs finely sliced orange rind
- 2 tbs maple syrup
- 250g blueberries
- 500g strawberries, hulled & halve larger strawberries
- 125g raspberries

STEP 1 Place orange juice, orange rind and maple syrup into a small saucepan. Heat, stirring often, over medium-high heat until boiling. Reduce heat and simmer for 4-5 minutes until reduced by one third. Transfer to a jug, cover and refrigerate until cold.

STEP 2 Combine blueberries, strawberries and raspberries in a bowl. Pour over the chilled syrup. Stand for 5 minutes and serve. Alternatively, place berry mixture into an airtight container and store in the fridge until ready to serve for up to 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.

