

Grapes with meringue & lime yoghurt cream

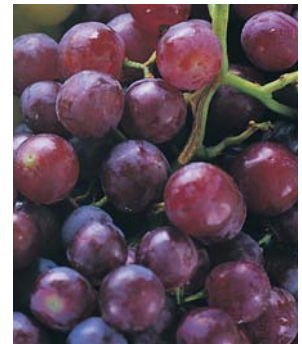


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Preparation: about 15 minutes
Serves: 4

1 cup thickened cream, whipped
1 cup thick Greek-style yoghurt
1 tsp lime zest + extra to serve
1 tbs lime juice
500g small seedless purple grapes
50g meringues or mini pavlovas,
roughly chopped

1. To make lime yoghurt cream, whip cream in a medium bowl until soft peaks form. Fold in yoghurt, lime zest and juice.
2. Wash grapes and remove grapes from stems. To serve, layer lime yoghurt cream, meringues and grapes in serving glasses. Top with a little extra lime zest and serve.



Seedless purple grapes

- A good source of dietary fibre which helps keep the intestine healthy.
- The carbohydrate in grapes is digested slowly, giving the a low GI so they provide energy over a longer time period.
- Provide a source of vitamin C, which is one of the vitamins that the body needs for defense against infection.
- Supply some carotenoids , including one called cryptoxanthin that acts as an antioxidant in the body.