Roast strawberries with waffles & ice-cream

Fresh for Kids (Sydney Markets)

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Preparation 10 mins | Cooking 12 mins | Serves 4

2 tbs caster sugar
½ tsp vanilla extract or paste
500g large strawberries, hulled
2 Belgian waffles
Reduced fat vanilla ice-cream, to serve

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line the base of a roasting pan with baking paper.

STEP 2 Combine sugar and vanilla in a large bowl. Add strawberries and stir to coat in mixture. Arrange strawberries in roasting pan. Roast, turning once, for 12-15 minutes until very tender. Stand for 5 minutes.

STEP 3 Toast waffles until hot and cut each in half. Serve warm strawberries with waffles and ice-cream.

Good for you… STRAWBERRIES

A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections. The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation. The content of some carotenoid antioxidants is higher in red ripe strawberries.

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