

## Strawberry, apple & pear breakfast sundae



## Strawberry, apple & pear breakfast sundae

Preparation 20 mins | Cooking 7 mins + cooling time | Serves 6

- 2 Granny Smith apples
- 2 Beurre Bosc pears
- 2 tbs caster sugar
- 250g strawberries, hulled and halved lengthways

### To serve

- Reduced fat vanilla bean yoghurt, to serve
- Granola or toasted muesli, to serve

**STEP 1** Peel, core and dice apples and pears. Place into a medium shallow microwave-safe dish. Sprinkle with sugar and toss to combine. Cover and microwave on high for 5-7 minutes until tender.

**STEP 2** Carefully uncover, and toss through strawberries. Microwave for 30 seconds. Set aside to cool (leave covered). When cool, transfer to an airtight container and refrigerate until ready to serve.

**STEP 3** To serve, layer vanilla yoghurt, strawberry, apple and pear mixture with cereal or muesli in serving glasses.

### Good for you... **STRAWBERRIES**

*A great source of vitamin C. One of the functions of vitamin C is to assist in the formation of cartilage and bones.*

