



# STRAWBERRY SWIRL YOGHURT & BANANA SUNDAES

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Preparation 15 mins | Makes 4

*These delicious sundaes are terrific for a leisurely weekend breakfast.*

- 375g strawberries, hulled
- 1 tbs caster sugar
- 2 cups reduced fat thick Greek-style yoghurt
- 2 ripe bananas
- $\frac{3}{4}$  cup granola or toasted muesli

**STEP 1** Place 250g strawberries and sugar into a high-powered blender. Blend, stirring if necessary, until roughly pureed. Place yoghurt into a bowl. Swirl the pureed strawberries through yoghurt.

**STEP 2** Peel and slice bananas. Slice remaining strawberries. Layer strawberry yoghurt, granola or toasted muesli, bananas and strawberries in serving glasses and serve.

## 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.*



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