

Sugar-grilled apricots & raspberries



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Preparation 15 mins | Cooking 5 mins | Serves 4

8 (about 800g) plump apricots, halved and stones removed
125g raspberries
½ cup granulated white sugar
6 butter nut snap biscuits (or similar sweet biscuits)
Vanilla ice-cream or thick natural yoghurt, to serve

STEP 1 Line the base of a large baking pan with baking paper. Arrange apricots, cut side up, in pan. Top each with 2-3 raspberries. Sprinkle each evenly with sugar.

STEP 2 Place biscuits in a plastic bag and using a rolling pin finely crush biscuits. Set aside.

STEP 3 Preheat a grill on high heat. Place fruit in pan under the grill (ensuring fruit is about 4-5cm from the heat source). Grill fruit for 4-5 minutes until apricots are just tender and sugar dissolves. Set aside to cool. To serve, sprinkle with crushed biscuits and serve with ice-cream or thick natural yoghurt.

Good for you... **APRICOTS**

A good source of dietary fibre, which is important to keep the intestine healthy. The deeper the colour of an apricot, the higher its content of beta carotene (which the body converts to vitamin A). Vitamin A helps protect against infection and has an important role in eye health.

