

Recipe of the Week 18

Mixed fruit compote with yogurt

The mixed fruit compote with yogurt is an ideal mid morning snack. The snack is a quick and easy way to increase your energy, carbohydrate and vitamin intake. Furthermore, the yogurt in the dish is high in calcium for the formation and maintenance of bones, muscle contraction, blood vessel expansion and contraction, secretion of hormones and enzymes, and transmitting impulses throughout the nervous system

Tip: Mix a selection of fresh fruit into the dish once cooked.



Ingredients

- 500g of dried fruit mix
(Examples include: apricots, apples, pears, prunes)
- 200g low fat yogurt
- 40g soft unrefined light brown sugar
- 250g fresh rhubarb (chopped)

Serves: 2 - 4
Preparation time: 10 -minutes
Cooking time: 25-minutes

Each serving contains

Energy (kcal) – 265kcal
Carbohydrates – 59g
Protein – 4g
Fat – 1g (0.2g saturated)

Method

1. Pre heat the oven to 180c/350F/Gas 4. Place the Rhubarb in a saucepan with the sugar and 300ml of water. Simmer for 5 minutes or until the Rhubarb starts to soften.
2. Place the dried fruit in an ovenproof dish, add the Rhubarb and its cooking liquid and gently stir.
3. Cover the dish and bake for 25 minutes until the fruit has softened.
4. Serve warm or chilled low fat Yoghurt

Adapted from: www.tesco.com, 2010
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