



SUMMER BERRY AND PASSIONFRUIT PUDDING



Ingredients:

- 100 g dark chocolate
- 500 g strawberries
- 250 g blueberries
- 6 sponge finger biscuits
- 4 tbs espresso coffee
- 4 passionfruit
- 2 cups low fat Greek yoghurt

Method:

1. Melt chocolate in microwave, stirring every 10 seconds until smooth.
2. Dip 8 strawberries into the chocolate, and place in the fridge until set.
3. In a suitable bowl, soak biscuits in espresso coffee.
4. Cut the remaining strawberries into thin slices.
5. Place a thin layer of blueberries on the bottom of four small bowls or glasses. Then layer the soaked biscuits, strawberry slices and yoghurt. Top with passionfruit pulp and leftover blueberries, and set in the fridge to chill until serving.
6. Top with chocolate coated strawberries to serve.

Nutrition Information

Makes 4 serves

Nutrient	Per serve
Energy	1600 kJ
Protein	15 g
Fat	15 g
Carbohydrate	47 g
Sodium	100 mg



HOT TIPS

Use a dark chocolate with more than 60% cocoa for an extra boost of antioxidants. For a year-round snack, use any seasonal fruit available – mango would also make a delicious summer or Christmas pudding.