



Summer fruit fool

Serves: 4

Time

Preparation time 10 minutes

Ingredients

- 225g mixture of berries or other soft fruit (fresh or thawed)
- 300ml tub low-fat crème fraîche
- 1 dessertspoon sugar
- mint leaves to garnish (optional)

Method

1. Wash fresh fruit in a sieve.
2. Place in a bowl, add the sugar and mash to a smooth consistency.
3. Gently mix the crème fraîche with the mashed fruit, leaving some streaks.
4. Pour the mixture into four glasses, cover and refrigerate before serving garnished with mint leaves.

