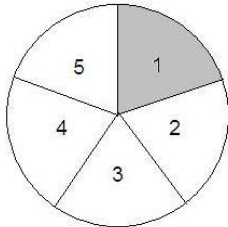


Strawberry & Pear Crunchies

Serves 4

Portions of fruit and vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.

Contains milk

Contains cereals

containing gluten

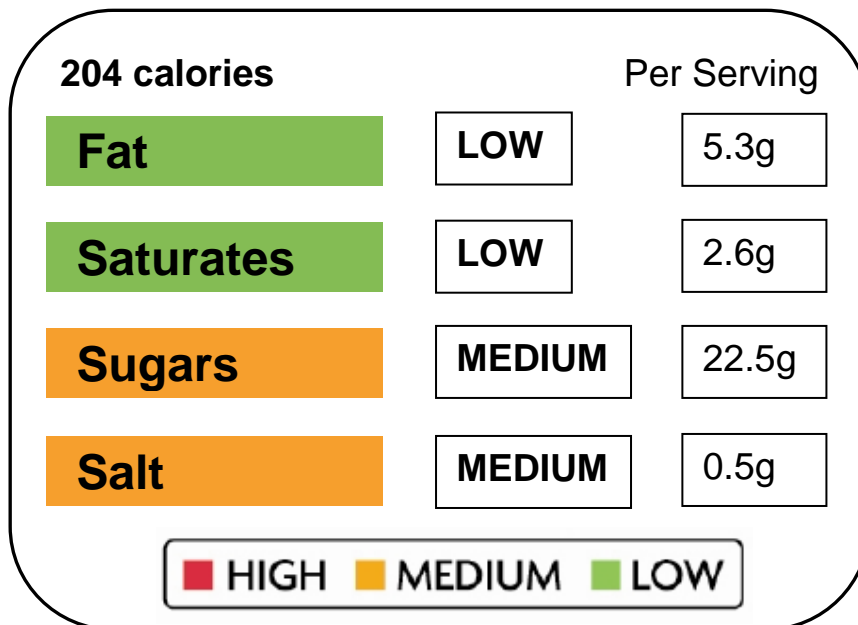
Ingredients	Amount	Preparation
low-fat digestive biscuits	6	crushed
strawberries	200g (7oz)	halved
pears	2 medium	cored and cut into cubes
water	3 tablespoons	
fat-free fromage frais or low-fat natural yoghurt	500g (1lb)	

Please Turn Over



Method

- 1 Divide the crushed biscuits into 4 pudding bowls and set aside.
- 2 Place the strawberries and pears in a saucepan with the water and simmer over a medium heat for 10 minutes until starting to go soft, but still holding their shape.
- 3 Spoon the fromage frais over the crushed biscuits.
- 4 Spoon the fruit over the fromage frais and then drizzle the sauce over each pudding.
- 5 Chill in the fridge if not serving immediately.



Handy Hints

- Try using other fruit e.g. peaches, raspberries.

