

Goosey chewy fruit pots - 1 of your 5 a day



© 2009 LazyTown Entertainment. Photography shows serving suggestion

Goosey chewy fruit pots

shopping list

2 x Great Stuff apples or pears

Cinnamon

Handful of raisins or sultanas

how to make

Peel and core 2 apples (or pears)

Cut fruit into wedges

Put in a pan with 2 fl.oz. of water

Add a dash of cinnamon and a handful of sultanas (or raisins)

Cook over a moderate heat for 5/6 minutes

cook's tips

The natural pectin in the fruit thickens the water to a syrup so no sugar is needed.

Put into little pots & serve warm or cold. Can also serve with some low fat natural yogurt.

Once cool the mix is suitable for freezing so you can make up a batch of pots for the week ahead and then get one or two out when you need them.

visit www.asda.co.uk
for more recipe ideas

626515