

STRAWBERRY YOGHURT FOOL

RECIPE BY CLEAN PLATE

SERVES 2



INGREDIENTS

5	each	Strawberries, hulled
½	tsp	Icing sugar
		Few drops vanilla extract (optional)
½	cup	Plain yoghurt (or coconut yoghurt)

TO GARNISH

Mint leaves (optional)



METHOD

1. Dice strawberries into small pieces and place them in a bowl. Add vanilla extract (if using).
2. Sieve the icing sugar over the strawberries. Let it sit for about 5 minutes (this process is called 'macerating'. The sugar will react with the acidity of the fruit and it'll draw the liquid out from the strawberries, creating an instant and delicious syrup).
3. In the meantime, get your small serving glasses or bowls ready. Give the yoghurt a gentle mix so it's lump-free and creamy.
4. When the resting time for the strawberry macerating is up, give it a stir with a spoon, so strawberries are coated in the syrup.
5. Starting with the yoghurt, make alternating layers of yoghurt and the strawberries, until glasses are nearly full.
6. Finish with a dollop of yoghurt, scatter the last of the strawberries, and drizzle any syrup left in the bowl.
7. Garnish each glass with mint leaves or edible flowers (if using) and serve!



To make it Dairy Free: Use coconut yoghurt or other dairy-free yoghurt alternative