

Summer Fruit Pudding with Raspberry Coulis and Yoghurt Dressing

*Serving size: 4 people

Ingredients

- Loaf of White bread
- 150g Strawberries
- 150g Blackberries
- 400g Raspberries
- 100g Blue Berries
- 50g Red Berries
- 100g Icing Sugar (Plus extra for dusting)
- Low-Fat Yoghurt
- Mint

Directions

1. Very simple and straight forward recipe. First you need to blend 200g of Raspberries in the blender with a little icing sugar - 20g of icing is enough, and a drop of water. Blend to a puree then sieve the puree so it gets rid of the seeds, and pour into a bowl.
2. Get a ramekin and cover with cling film. Get the loaf of bread and cut the crust off; dip the bread in the puree and make sure the bread is soaked. Decorate the ramekin with the bread, making a wall and cover the bottom base of the ramekin also.
3. In a Pan, put all the fruits with little icing sugar and water, and wilt quickly until the icing coats every summer fruit, then put the summer fruits in the ramekins, and lastly a piece of puree bread on the top so it hold the Summer fruits in place.
4. Leave in the refrigerator for 20 minutes before taking out the ramekins and put onto a plate. Decorate with fresh summer berries and pour Low-Fat Yoghurt over the Summer Fruit Pudding, garnish with Mint and a dusting with the icing sugar.