



Serves: 4

Prep time: 1 hour

Berry Yoghurt Surprise

Ingredients

- Strawberry low-fat yoghurt: 200g (7 oz)
- Strawberries: 4, medium, cleaned, hulled and sliced
- Sugar-reduced soy milk: 100ml (3½ fl oz / ⅔ cup)
- Gelatine powder: 1 tsp
- Hot water: 1 tbsp

TOPPING

- Strawberries: 85g (3 oz), cleaned, hulled and sliced
- Gelatine powder: ½ tsp
- Hot water: 2 tbsp
- Basil seeds (selasi): ¼ tsp, soaked until double in size and drained

Tips:

- For the yoghurt topping, strawberries may be substituted with 55g (2 oz) strawberries and 30g (1 oz) strawberry puree.

Method

- In a mixing bowl, combine yoghurt, strawberries and soy milk. Mix well and set aside.
- Mix gelatin with hot water until completely dissolved. Stir into yoghurt mixture, then pour into 4 serving glasses. Set aside to cool.
- Prepare topping. Blend strawberries with 1 tbsp warm water until fine. Set aside. Mix gelatin powder with hot water and stir until completely dissolved. Add basil seeds and blended strawberries and mix well. Spoon on top of yoghurt mixture and refrigerate for 1 hour or until topping has set.
- Garnish as desired and serve chilled.

Nutrition Information (Per Serving):

Calories: 58kcal
Carbohydrates: 9.2g
Fat: 1g
Cholesterol: 3mg
Fibre: 0.7g