

## **You'd be a fool not to try this recipe this summer**

This time of year, we are inundated with lots of seasonal berries. I have chosen to use gooseberries and strawberries for this recipe, but it would work well with any berry combination you prefer and is a great way to use up a glut of fruit. Take the recipe and make it your own!

Strawberries are excellent sources of vitamins C and K, manganese, folate, and potassium. They are also rich in antioxidants including the anthocyanin pelargonidin which contributes to their red colour. While I'm sure we have all felt drawn to the largest strawberry in the punnet, the medium-sized strawberries are often the more flavoursome.

Gooseberries are great sources of vitamins C, B5, and B6, copper, and manganese. It is the organic acids present in gooseberries, including malic and citric acids, that are responsible for the tart taste they are known for. While this can mean they are quite sharp, the addition of strawberries in this recipe adds a natural sweetness that compliments the sharpness beautifully and reduces the need for additional sugar sources.

### **Gooseberry and strawberry fool**

*(serves 4)*

300g gooseberries

300g strawberries

180g of plain live yoghurt

1tbsp honey

a couple of extra strawberries to serve



Nip the tops off the gooseberries and pop in a saucepan on a medium heat with the honey and just enough water to cover the bottom of the pan. Gently heat, stirring regularly.

Take the tops off the strawberries and cut into quarters. When the gooseberries are starting to soften add the strawberries and continue to stir regularly.

Once the strawberries have softened as well take the mixture off the heat and allow it to cool. Once cool enough to handle safely blend the mixture until smooth. Leave to cool fully. Optional additional flavours include elderflower cordial, cinnamon, or black pepper.

Mix half of the fruit mixture with the yoghurt, then layer the yoghurt mix and the remaining fruit puree in a glass. Pop in the fridge to cool for an hour or so, then serve with the extra strawberries, and enjoy!

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