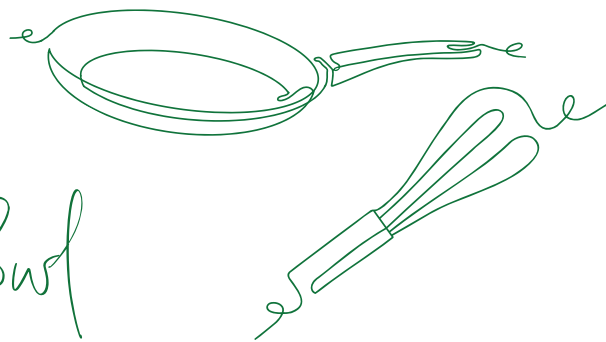


# Berry Compote & Healthy Yogurt Bowl



## **Berry Compote & Healthy Yogurt Bowl**

A vibrant mix of fresh berries simmered into a sweet-tart compote, paired with creamy, nutrient-packed yogurt.

### **Serves 4**

Prep time 10 minutes

### **Ingredients**

#### *Berry Compote*

2 cups (300 gms) of mixed berries (strawberries, blueberries, raspberries)

1 tbsp of lemon juice

1 tsp of corn starch (optional, for thickening)

1/4 cup (50 gms) of granulated sugar

#### *Yogurt Bowl*

1 cup (240 gms) of Greek yogurt

1 tbsp of honey or maple syrup

1/2 tsp of vanilla extract

A sprinkle of granola for topping

Sliced bananas or any preferred fruits

### **Top Tip**

Use frozen berries for a good result and maple syrup or honey instead of refined sugar for a more natural dish. You could also buy the granola to save time!

### **Method**

#### *Berry Compote*

In a saucepan, combine the mixed berries, sugar, and lemon juice over medium heat. Stir occasionally and let it simmer for about 8-10 minutes until the berries break down. If you prefer a thicker consistency, mix the corn starch with a tablespoon of water and stir it into the berry mixture and simmer for an additional 2-3 minutes. Remove from heat and let the compote cool. It will thicken as it cools.

#### *Yogurt Bowl*

In a bowl, mix Greek yogurt with honey (or maple syrup) and vanilla extract. Spoon the yogurt mixture into serving bowls. Top the yogurt with a generous spoonful of the homemade berry compote. Add granola for crunch and sliced bananas or your favourite fruits for freshness. Drizzle a bit more honey on top if desired.



Recipe by James Golding, Head of Food Education, Table Talk Foundation. Table Talk Foundation is a registered charity (reg No: 1190504) inspiring a new generation through food, to live happier and healthier lives. Providing food education in schools to teach young people how to cook, preparing them with fundamental life skills.



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