

Plum-berry layered dessert



* Ingredients

- 1 plum
- 20 raspberries
- 1 pot of low fat black cherry yogurt
- 1 pot of low fat apricot yogurt
- 6 blackberries

* Equipment

Chopping board, knife, small spoon, 2 x 10ml spoons, 2 small glasses.



* Method

1. Cut the plum in half and remove the stone using a small spoon.
2. Slice the plum into thin pieces.
3. Place 10 raspberries into a glass and spoon over half of the black cherry yogurt.
4. Next, layer half the plum slices on top.
5. Spoon over half of the apricot yogurt.
6. Arrange 3 blackberries on the top.
7. Repeat this for the second dessert.

* Handy hints

- Use different fruit, experiment with canned, dried, frozen or fresh.
- Try different ways of layering the ingredients.
- Use different types of fruit yogurt.

Makes 2