

Berry Yoghurt Surprise

serves 4

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Yoghurt is a good source of calcium. Enjoy this refreshing dessert at any time of the day!

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



INGREDIENTS

Strawberry low-fat yoghurt	200g (7 oz)
Strawberries	4, medium, cleaned, hulled and sliced
Sugar-reduced soy milk	100 ml (31/3 fl oz)
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)	1/4 tsp, soaked until double in size and drained

NUTRITION INFORMATION per serving

Energy	58 kcal
Carbohydrate	9.2 g
Fat	1 g
Dietary Fibre	0.7 g
Cholesterol	3 mg

METHOD OF PREPARATION

1. In a mixing bowl, combine yoghurt, strawberries and soy milk. Mix well and set aside.
2. Mix gelatine with hot water until completely dissolved. Stir into yoghurt mixture, then pour into 4 serving glasses. Set aside to cool.
3. Prepare topping. Blend strawberries with 1 tablespoon warm water until fine. Set aside.
4. Mix gelatine powder with hot water and stir until completely dissolved.
5. 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.
6. Garnish as desired and serve chilled.

Recipes on p.14 and 15 reproduced from A Cookbook for Diabetics published by Marshall Cavendish.

