

BERRY GOOD

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Berry Yoghurt Surprise (serves 4)

Ingredients

200g strawberry low-fat yoghurt
4 medium, cleaned, hulled and sliced strawberry
100ml sugar-reduced soybean milk
1 teaspoon gelatine powder
1 tablespoon hot water

Topping

85g strawberry, cleaned, hulled, sliced
½ teaspoon gelatine powder
2 tablespoon hot water
¼ teaspoon basil seeds, soaked until double in size and drained

Method

In a mixing bowl, combine yoghurt, strawberries and soymilk. Mix well and set aside.

Mix gelatine 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 tablespoon warm water until fine. Set aside. Mix gelatine 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 served chilled

This recipe is adapted from 'A Cookbook for Diabetics by a Dietitian and a Chef' published by Marshall Cavendish.

Nutrient Analysis Per Piece

Energy	58 kcal
Carbohydrate	9 g
Fat	1 g
Cholesterol	3 mg
Dietary fibre	0 g
Carbohydrate Exchanges =	~ ½ exchange