

Blueberry Yogurt Cup

Cooking the blueberries in advance and leaving to cool gives this yogurt cup a delicious taste, well worth a little extra work. Crunchy granola is also perfect to make this a satisfying breakfast.



Almond, barley (gluten), nuts, milk, oats (gluten), wheat (gluten)*

Nutritional information per portion (218g):

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|-----------------------------------|-------------------|-------------------------|----------------------|---------------------|
| Energy 831kJ 196kcal 10% | Fat 3.2g 5% | Saturates 1.1g 5% | Sugars 19g 21% | Salt 0.21g 4% |
|-----------------------------------|-------------------|-------------------------|----------------------|---------------------|

of an adult's reference intake.
Typical values per 100g: energy 382kJ/90kcal.

Equipment

Sauce pan
Wooden spoon
Measuring jug
Colander
Measuring spoons
4 x teaspoons for serving
Clear glass or dish
(approx. 150ml capacity)
x 4
Tablespoon
Mixing bowl

Ingredients

Serves 4
250g fresh blueberries
40ml water
1 x 5ml spoon honey
Few drops of vanilla extract
1 x 15ml spoon cornflour dissolved into 2 x 15ml spoon of water
100g granola, crunchy oat cereal or muesli
400ml of natural low-fat yogurt

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.

Method

1. Wash the blueberries and drain using a colander.
2. Place 200g of blueberries in the sauce pan. Cover with 40ml water and add honey and vanilla.
3. Heat over medium-high heat until mixture comes to a low boil and the blueberries start to break apart.
4. Dissolve the cornflour in water in the mixing bowl and add to the blueberry mixture, bring to a boil and stir gently with a wooden spoon. If too thick add a little more water and turn the heat down, cook for 3–4 minutes until the sauce is thick and glossy.
5. Remove from the heat and cool.
6. In a 150ml glass or dish, add 1 x 15ml spoon natural yogurt to the bottom, sprinkle with granola, layer with 1 x 15ml spoon blueberry sauce, repeat to the top.
7. Sprinkle fresh blueberries on top and serve.

Skills used include:

Washing, weighing, measuring, boiling, cooling and serving.



Top Tips

- Remember to cool the blueberry sauce before serving.
- Blueberries from Chile are in season from January – March, and British Blueberries are in season from June – September.

Something to try next time

- Try adding other berries, such as strawberries, raspberries or blackberries.
- If you don't want to cook the blueberries, place in a medium bowl and crush with a fork.