

Peach Melba

Serves 10

Ingredients	
10 canned peach halves (in natural juice)	2 tbsp (30g) caster sugar
10 scoops vanilla ice cream	
200g frozen or canned raspberries	500ml Natural Greek Yoghurt

- **METHOD:**
- Place each peach half in a sundae dish or bowl.
- Add a scoop of ice cream on top of the peach
- Meanwhile, place the raspberries and sugar into a saucepan and gently heat for 2-3 minutes. Pass the sauce through a sieve and allow to cool.
- When cool, mix the raspberry sauce and the yoghurt together.
- Add a tablespoon of the sauce over the top of each peach half.



- ✓ **COOK'S TIP**
- ✓ **FOR MILK FREE DIETS, USE SOYA YOGHURT AND DAIRY FREE ICE CREAM**

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
190	9.6	7.8	12	14	0.4	0.5	125