



CRUMPETS WITH WARM BERRIES, YOGHURT & HONEY

SERVINGS: 2

PREP TIME: 5 MINUTES

TOTAL TIME: 20 MINUTES

NOTES:



MADE IN UNDER 30 MINUTES



CONTRIBUTES TO 5 A DAY



BASIC KITCEHN EQUIPMENT



LOW DIFFICULTY

INGREDIENTS

4 CRUMPETS
100G GREEK YOGHURT
150G RIPE STRAWBERRIES, SLICED
50G RASPBERRIES
50G BLUEBERRIES
2 GENEROUS PINCHES OF CINAMON
2 TSP RUNNY HONEY

OPTIONAL EXTRAS:
FIGS - OVEN ROASTED AND
DRIZZLED WITH HONEY
FEW SPRIGS OF THYME LEAVES
OTHER FRESH OR FROZEN BERRIES
LEMON CURD OR JAM
VANILLA SEEDS

BLACK PEPPER AND BALSAMIC
VINEGAR GO VERY WELL WITH
STRAWBERRIES.

RECIPE ON REVERSE SIDE.

CHECK OUT THE AROMA INSTAGRAM
AND FACEBOOK PAGE FOR
TUTORIALS AND COOK-ALONG
SESSIONS.





METHOD

TOAST THE CRUMPETS IN A TOASTER, OR UNDER THE GRILL, UNTIL LIGHTLY BROWNED.

PUT THE YOGHURT IN A BOWL AND STIR UNTIL IT LOOKS GLOSSY. IF YOU ARE ADDING ANY ADDITIONAL INGREDIENTS, YOU COULD SWIRL SOME LEMON CURD OR JAM THROUGH THE YOGHURT TO GIVE A RIPPLE EFFECT.

PLACE A NON-STICK FRYING PAN OVER A MEDIUM-HIGH HEAT AND ADD ALL THE FRUIT. SPRINKLE WITH TWO GOOD PINCHES OF GROUND CINAMON AND COOK FOR JUST A MINUTE, STIRING REGULARLY UNTIL THE FRUIT IS SOFTENED BUT STILL HOLDING ITS SHAPE. YOU SHOULDN'T NEED TO ADD ANY EXTRA SUGAR. IF USING FROZEN BERRIES, ADD THESE BEFORE ANYTHING FRESH.

DIVIDE THE HOT, TOASTED CRUMPETS BETWEEN TWO PLATES. SPOON THE FRUIT OVER THE TOP AND ALLOW SOME OF IT TO TUMBLE ON TO THE PLATES. SPOON THE YOGHURT ON TOP AND DRIZZLE WITH A LITTLE HONEY.

ENJOY WHILST STILL WARM.