

RASPBERRY AND MASCARPONE PUDDING

SERVES 4 / PREPARE 10 MINS / REFRIGERATE 15 MINS

Ingredients

250g Full-fat organic probiotic yogurt
125g Mascarpone cheese
200g Raspberries
2 sq Dark chocolate

Instructions

Wash the raspberries and put them in a bowl, reserving a few for decorating. Mash them up with a fork, don't use a food processor as they'll get too runny.

Add the yogurt and mix well, then spoon in the mascarpone and mix gently.

Carefully spoon into a pretty teacup and decorate with some whole raspberries and chocolate shavings. Enjoy!!

TIP: To make chocolate curls or shavings, hold the chocolate with dry hands and use a potato peeler.

VARIATIONS:

Use different soft fruits such as strawberries, blackberries, peaches or even bananas.

You can also spoon this pudding into a silicone mould and freeze for an hour, so it is firm but not completely frozen.

When you are ready to eat, sink the mould into a bowl of warm water for a few seconds, then turn onto a serving platter.

Decorate with summer fruits and slice at the table.



Nutrifacts



Raspberries are low in calories and high in FIBRE. They are also a great source of immune boosting VITAMIN C and ANTIOXIDANTS (polyphenols, flavonols and the anti-inflammatory quercetin) that may prevent cellular damage linked to cancer and cardiovascular disease.

Yogurt and **mascarpone cheese** are high in growth-promoting PROTEIN although they also contain high levels of SATURATED FAT which can contribute to heart disease so, enjoy in moderation. Dairy is also a good source of CALCIUM for healthy teeth and bones.

Cocoa is rich in FLAVANOLS, a type of flavonoids, that research shows may reduce high blood pressure and maintain healthy arteries. FLAVANOIDS also have ANTIOXIDANT PROPERTIES and may help protect us against free-radical damage.