



Strawberry Fool

Serves - 2

Preparation time - 10 mins

Cooking time - None

Special equipment - Blender/ liquidiser (optional) fine sieve (optional)

Difficulty rating - Easy

Ingredients

100g Strawberries = 6g carb

100g Crème fraiche = 2g carb

1 tbsp Runny honey to taste (optional) 15g = 13g carb

Per serving = 10.5g carb

Method

Wash the strawberries and cut them into halves.

Using a fork, mash all the ingredients together until you have a smooth pink mixture, or for extra smoothness use a blender to liquidise the strawberries for 5-10 seconds and then fold them into the crème fraiche.

Serving

Pour the mixture into 2 serving pots or glasses and leave to chill in the fridge for 30 minutes before you eat it. You can garnish this dish with a strawberry on top with a couple of mint leaves.





Chef's notes

If you can source some good ripe strawberries this dish should be sweet enough without any extra added sugar. If it requires more sweetness, runny honey can be used or a natural sugar substitute like “xylitol” which is derived from the birch tree and other plants.

To remove the seeds and pulp from the strawberries you could crush the strawberries through a sieve using a large spoon/ladle.

You can replace the strawberries with whatever fruit you prefer or whatever is in season such as gooseberries, raspberries or blackberries.

