

Fresh for Kids®

# Mulberries & ice-cream sundaes



## Mulberries & ice-cream sundaes

**Preparation:** about 5 minutes  
(+ 5 minutes standing time)

**Cooking:** about 2 minutes

**Makes:** 12

350g mulberries, stems trimmed\*

2 tbs caster sugar

1 tbs water

Reduced fat vanilla ice-cream, to serve

Wafer biscuits, to serve

1. Rinse mulberries in cold water and drain. Place mulberries into a shallow medium heatproof dish.
2. Sprinkle with caster sugar and water. Gently toss to combine. Cover with plastic wrap. Microwave on High for 2 minutes or until just tender. Remove (do not uncover) and stand for 5 minutes to cool slightly.
3. Spoon mulberries and vanilla-ice-cream into 4 serving glasses. Serve with wafer biscuits.

\* *Wear disposable gloves and use scissors to trim stems.*

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### Mulberries

- A good source of vitamin C. This vitamin helps the body defend itself against infections.
- Provide potassium, which helps balance some of the effects of the sodium in salt.
- Provide some iron, a mineral needed for making red blood cells.
- A source of dietary fibre, with the fibre present in the small seeds that make up the berry. Fibre helps prevent constipation.

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