

Raspberry & banana sundaes



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Preparation: about 20 mins Cooking: about 3 mins

Serves: 4

Ingredients:

- 2 tbs caster sugar
- 2 tbs water
- 125g strawberries, hulled and roughly chopped
- 120g raspberries
- 4 jam sponge rollettes, cut into 1cm-thick slices
- 1/4 cup orange juice
- 2 medium bananas
- 1 cup reduced fat vanilla custard or vanilla yoghurt

Method:

1. To make fresh berry sauce, place sugar and water in a small saucepan. Stir over low heat until boiling. Add strawberries and cook for 1–2 minutes or until just softening. Stir in raspberries and remove from heat. Set aside to cool slightly. Using a blender, puree fruit until smooth (do not strain). Place sauce in an airtight container and chill until ready to serve.
2. To make sundaes, place sliced jam rollettes in a single layer on a plate. Drizzle evenly with orange juice. Peel and slice bananas. Layer jam rollettes, custard or yoghurt, bananas and fresh berry sauce in serving glasses and serve.



Raspberries:

- An excellent source of dietary fibre, which is concentrated in the tiny seeds in each segment of the berries.
- An excellent source of vitamin C – one of the vitamins that helps protect us against infections.
- A source of folate, one of the B complex vitamins that is important for heart health.