



On Camp with **Kelly**



Blueberry Ripple



Ainsley says...

"This is the most wonderful quick and easy pudding that only has five ingredients. I love the taste of blueberries and they are full of antioxidants but of course you could replace them with blackberries, blackcurrants or raspberries."

Serves 4

juice of 1 lime
150g blueberries
50g caster sugar
2 x 250g tubs quark (skimmed milk soft cheese)
200ml tub half-fat crème fraiche

Place the lime juice, blueberries and sugar in pan. Heat gently until the blueberries begin to pop and release their juices, stirring occasionally. Leave to cool slightly.

Reserve a couple of spoonfuls of the blueberries for decoration and then push the remainder through a sieve into a bowl. Fold in the quark until well combined. Tip the crème fraiche on top and stir only once or twice to ripple through the blueberry mixture.

Spoon the blueberry ripple into glasses and cover with clingfilm, then chill until ready to serve. Just before serving, spoon over the reserved blueberries for decoration.

Nutrition information

Blueberry Ripple				RDA	
	Per serve (for 4)	Per serve (for 6)	Per 100g	Male	Female
Kcal	232	155	103		
Protein (g)	20.0	13.3	8.9		
Carbohydrates (g)	22.3	14.8	9.9		
Fat (g)	7.6	5.1	3.4		
Saturated fat (g)	5.1	3.4	2.3		
Monounsaturated fat (g)	1.7	1.1	0.7		
Polyunsaturated fat (g)	0.3	0.2	0.1		
Calcium (mg)	214.3	142.8	95.2	700	700
Vitamin C (mg)	7.0	4.7	3.1	40	40
Blueberries are low in vitamin C, however they are a rich source of phytonutrients that have very good antioxidant properties.					