

# Apple and Blackcurrant Fool



**860,000 apples get thrown away every single day in the UK,** this recipe is a great way to see them used and loved. In the UK, 70% of all food thrown away comes from our homes. That's more than 7 million tonnes of food and drink every year, the majority of which could have been eaten, shared and enjoyed.

# Apple and Blackcurrant Fool

- 500g cooking apples (peeled, cored and sliced)
- 1 tbsp water
- 600mls / 1 pint cold custard
- 300g Greek yoghurt
- 1x 290g can blackcurrants

*If using custard powder make as directed on packet but use 3 tbsp custard powder, 2-3 tbsp sugar and 1 pint milk*



## Method

1. Place the apples and 1 tbsp water in a dish in the microwave, cover and microwave on full power for 4-5 minutes until soft. Alternatively add 3 tbsp water to the apples and gently simmer in a saucepan until softened.
2. Put the cooked apples into a food processor with the cooled custard and blend until smooth. Divide between 3 or 4 sundae dishes.
3. Top with a heaped spoonful of Greek yoghurt.
4. Drain the canned fruit and reserve 3 tbsp juice. Place the fruit and reserved juice into a small blender and blend until smooth or sieve to form a coulis then gently stir into the yoghurt.
5. Chill until required.

**Serves 3-4**

