

We are ready.....

Semolina and blackberry compote



Suggested portion

Size for recipe

1-2 years - 110g
(70g semolina, 40g fruit)

3-4 years - 140g
(100g. semolina, 40g fruit)

Ingredients - Serves 5

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|--------------------|--------------------|
| Fresh blackberries | 200g |
| Semolina | 25g |
| Whole milk | 375ml |
| Caster sugar | 20g (1 tablespoon) |

Method

1. Wash the blackberries. Place in a blender and blend until smooth.
2. Place the semolina and milk in a large pan and bring to the boil.
3. Stir in the sugar; reduce the heat and simmer, stirring continuously until the semolina has thickened.
4. Serve the semolina with a portion of blackberry compote.