We are ready......

**Stewed seasonal fruit and yoghurt**

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**Suggested portion**

**Size for recipe**

1–2 years – 90g

(50g yoghurt, 40g fruit)

3–4 years – 110g

(70g yoghurt, 40g fruit)

**Ingredients – Serves 5**

**Apples, peeled and cored** 100g

**Blackberries** 100g

**Water** 15ml

**Yoghurt** 300ml

**Method**

1. Wash the fruit and slice the apples.

2. Heat in a saucepan with the water on a medium heat until stewed.

3. Serve the stewed fruit with the yoghurt.