

Fruit and Yoghurt Pavlova Roll



You'll need:

- 4 egg whites
- 190 ml castor sugar
- 5 ml white vinegar
- 5 ml vanilla essence
- 5 ml cornflour
- 125ml coconut shavings
- 100ml DairyBelle Vanilla Yoghurt
- 200 ml DairyBelle Real Fresh Cream, whipped
- 125g fresh fruit of choice, sliced

Method:

1. Preheat oven to 160°C. Lightly grease a 25 x 30cm Swiss roll pan, line the bottom with baking paper, allowing the paper to extend on two opposite sides of the pan.
2. Beat the egg whites until soft peaks form, gradually adding the sugar and beating until sugar has dissolved after each addition. Fold in the essence, vinegar and cornflour.
3. Spread mixture over the base of the prepared pan, sprinkle with the coconut and bake for 20 – 25 minutes or until meringue is golden in colour.
4. Cover a wire rack with baking paper and turn meringue out onto paper, remove the lining paper and allow meringue to cool, coconut side down.
5. Gently fold the whipped cream and yoghurt together, spread in an even layer over the cooled meringue, follow with a layer of the fresh fruit. Carefully roll the meringue from the long side, using the baking paper to guide it as it rolls. Serve immediately.

Serves 6 - 8



Blissful Choc Mint Yoghurt Lollies



You'll need:

1 X 500 g DairyBelle Bliss Mint Choc Yoghurt

250 g DairyBelle Vanilla Yoghurt

250 g DairyBelle Fruits of the Forest Yoghurt,
Strawberry flavour

Method:

1. Divide the Mint Choc Yoghurt between 8 ice lolly moulds, filling each halfway. Place in freezer and freeze until firm.
2. Pour the vanilla and strawberry yoghurt alternatively over the firm Mint Choc layers and freeze until firm, then place an ice-cream stick into each mould and freeze overnight.

Variation:

Replace the Mint Choc Yoghurt layer with DairyBelle Bliss Strawberries and Cream flavour yoghurt.

Makes 8



Fruit and Honey Smoothie



You'll need:

- 1 banana
- 500 ml fresh strawberries, hulled and halved
- 200 ml DairyBelle Fruits of the Forest Yoghurt, Strawberry flavour
- 400 ml DairyBelle Yojuoce, Peach flavour
- 30 ml honey
- 600 ml crushed ice

Method:

1. Place banana and fruit in blender and blend for 30 seconds. Add yoghurt, milk and honey, blend until mixed.
2. Add ice and blend for a few seconds.

Tip:

Do not use food processor to crush ice, it damages the blades. Rather crush ice in a tea towel with a rolling pin and only add to the remaining ingredients once mixed.

Variation:

1. Replace the strawberry flavoured yoghurt with any Fruits of the Forest Yoghurt of choice.
2. Replace strawberries with fresh fruit of choice.

Serves 4

