



Gooseberry fool

Cooking time

Prep: 10 mins
Cook: 10 mins

Plus chilling

Skill level

Easy

Servings

Serves 4

Nutrition *per serving*

kcalories	protein	carbs	fat	saturates	fibre	sugar	salt
388	4.3g	19.8g	32.2g	20.1g	2g	19.5g	0.1g

Ingredients

- 250g gooseberries, topped and tailed
- 3 tbsp caster sugar
- 200g Greek yogurt
- 1-2 tbsp icing sugar
- 1 tsp vanilla extract
- 200ml double cream

Method

- 1.** Put the gooseberries and sugar in a pan with a splash of water. Heat gently, stirring, then bring to a simmer and cook until the fruit starts to burst. Squash the gooseberries with a potato masher or fork until pulpy. Cool then chill until cold in the fridge.
- 2.** Put the yoghurt in a bowl and beat with the icing sugar and vanilla until smooth. Gently whisk in the cream (it will thicken as you whisk so don't overdo it). Ripple through the gooseberry pulp then spoon into pretty glasses or bowls to serve.

