

Fresh for Kids®

# Strawberry & marshmallow sticks with strawberry yoghurt



## Strawberry & marshmallow sticks with strawberry yoghurt

**Preparation:** about 15 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4

500g medium strawberries, hulled  
8 white marshmallows  
3 tsp icing sugar  
1½ cups thick reduced fat natural yoghurt

1. Soak 8 x 15cm bamboo skewers in cold water for 10 minutes. Thread a strawberry then a marshmallow and another strawberry onto each skewer.
2. To make strawberry yoghurt, chop remaining strawberries, place in small saucepan with 2 tsp icing sugar. Cook, stirring occasionally, until soft and beginning to caramelise. Transfer to a small heatproof bowl. Cover and chill. Once cool, swirl strawberries through yoghurt.
3. Heat a non-stick frying pan over medium heat. Dust strawberry skewers with remaining 1 tsp icing sugar. Heat skewers, turning occasionally, until marshmallows begin to melt. Serve with strawberry yoghurt.

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### Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

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