



Apricot and orange fool

When the temperatures rise during summer, try this delicious dessert for some cooling relief.

Ingredients

- 100g / 4oz Traidcraft dried apricots
- 150ml / 1/4 pint of water
- 150ml / 1/4 pint of Fruit Passion orange juice
- 50g / 2oz Traidcraft raw cane sugar
- 125g / 5oz natural low fat yoghurt
- 180ml / 6fl oz double cream, whipped
- 15ml / 1tbsp Traidcraft brazil nuts, chopped and toasted

Method

1. Put the apricots in a bowl, cover with the water and orange juice, bring to boil and then simmer gently for 45-60 minutes (or until fruit is soft).
2. Add the sugar to the apricots and mix with a fork to dissolve the sugar and break up the fruit. Transfer to a dish and cool, then chill thoroughly.
3. Fold the yoghurt and whipped cream into the apricot mixture, pour into individual glass dishes and chill. Decorate with the brazil nuts before serving.

Buy the ingredients

- [The fair trade ingredients for this recipe are available in the Traidcraft online shop.](#)