



re:fresh
your health and wellbeing
RECIPES

FRUITY COCONUT CREAMS

10 MINS TO PREPARE AND NO COOKING REQUIRED

SERVES 8 PANCAKES

INGREDIENTS

1 x 50g sachet
coconut cream
500g tub of quark or greek yoghurt
85g icing sugar, sieved a few drops
of vanilla extract
2 kiwi fruits
400g can of pineapple chunks (in
own juice)

METHOD

1. Dissolve the coconut cream in 50ml boiling water, then leave to cool.
2. Spoon the yoghurt or quark into a mixing bowl, then stir in the icing sugar and vanilla.
3. Combine with the coconut mix then spoon into individual glasses.
4. Chill until ready to serve.
5. Peel and chop the kiwi fruit into small pieces, drain the pineapple, then chop the chunks into small pieces
6. Mix the fruit together then spoon over the top of the coconut creams.