



Yoghurt and strawberry fool with carrot cake compost and edible flowers

Serves 4

Yoghurt and strawberry fool with carrot cake compost and edible flowers

Ingredients:

100g	Castor sugar
50g	Egg
50g	Veg oil
85g	Soft flour
2g	Baking powder
2g	Cinnamon
100g	Carrot grated
100g	Thick natural yoghurt
50g	Whipped cream
10g	Icing sugar
10 ea	Strawberries
1 ea	Lemon
	Edible flowers, carrot tops, nasturtiums
	Small seeding pots or bowls

Method

1. Beat egg and sugar until ribbon stage and gently incorporate oil
2. Mix the cinnamon, baking powder and flour together
3. Squeeze out the grated carrots
4. Fold ingredients into the egg and sugar mix
5. Spread onto a non-stick tray and cook for 15 mins @ 170 until golden
6. Leave to dry out a little. Dice some to go into the fool and finely chop some for the compost

For the fool

1. Dice the strawberries, leaving 4 for garnish
2. Whip the cream with the icing sugar
3. Put the strawberries in the yoghurt, flavour with grated lemon zest and a squeeze of juice
4. Fold in the whipped cream and some of the diced carrot cake
5. Fill the pots and top with the soil
6. Garnish with the strawberry and edible flowers

