

Chilled toffee apple creams



Here's a healthy, gluten-free Christmas treat brought to you by the [British Heart Foundation](#)

Category: Dessert, Breakfast | **Serves:** Two

Prep time: 15 minutes | **Cooking time:** 30 minutes



Ingredients

- 150g (5oz) peeled and diced butternut squash (200g (7oz) unpeeled weight)
- 115g (4oz) sweet eating apples, such as Golden Delicious or Cox's, peeled and diced
- 15g (½oz) squash or pumpkin seeds
- ¼ tsp caster sugar
- 115g (4oz) 0% fat natural
- Greek-style yoghurt or skyr (a creamy, fat-free Icelandic-style yogurt)
- 120g pot light Greek-style 0% fat toffee yoghurt
- Juice of 1 orange, about 2 tbsp
- Pinch ground cinnamon

Method

1. Heat the oven to 200°C/180°C fan/gas mark 6. Line a roasting tin with foil and rub over with a little oil. Scatter the squash and apple over the tin and roast for 30 minutes until very soft and beginning to caramelise. Stir halfway through and add a splash of water if the mixture is beginning to stick.



2. Fry the seeds in a lightly oiled pan with the sugar until golden. Leave to cool. Spoon the squash and apple mixture into a food processor or blender with orange juice and cinnamon and blitz until smooth.



3. Mix together the two types of yoghurt.
4. Layer the squash purée with the yoghurts in tall glasses. Finish off with a spoonful of yoghurt and a few toasted seeds.

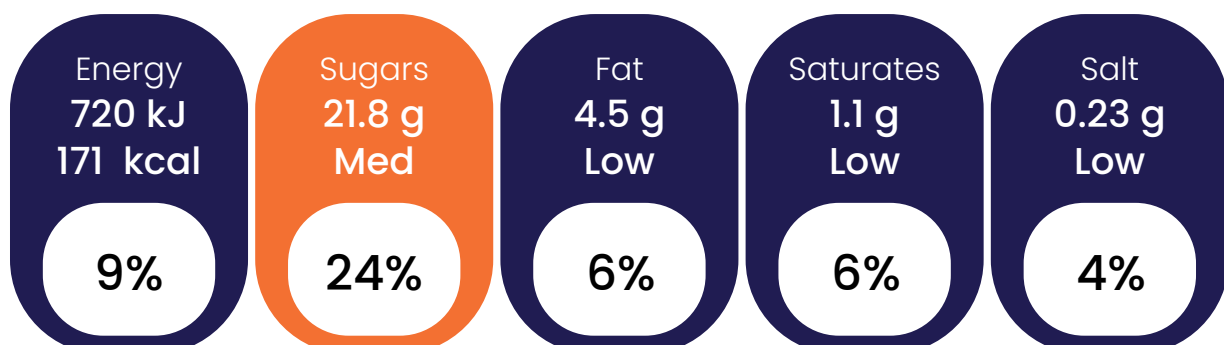


Cook's tip

Use extra natural yoghurt or skyr instead of toffee yogurt for a luxurious breakfast –make the night before and chill in the fridge.

Nutritional information

Each portion contains:



% = an adult's reference intake