

## **British strawberries / Tesco.**

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**5** a-day

- Eat at least 5 portions of different fruit & veg a day to help prevent cancer
- 80g (Average 10 Strawberries) = 1 portion

CANCER RESEARCH UK



New Season



# British Strawberries



**TESCO** *Every little helps.*



# Summer fruit brulee



Serves 4 - 6 people.

Preparation time: 10 mins Cooking time: 6 mins

125g (4oz) strawberries, hulled and sliced

125g (4oz) raspberries

125g (4oz) blueberries

125g (4oz) blackberries

450mls (¾ pint) Greek yoghurt

3tbsp demerara sugar

Mix all the fruit together and place in an ovenproof dish. Spread over the yoghurt and chill in the fridge for at least 1 hour. Sieve over the sugar evenly.

Set the grill on the hottest setting and heat for 5 minutes. Put the brulee under the grill until the sugar is melted and bubbling. Remove from the oven and leave to cool for 10 minutes before serving.

Tesco, supporting local British produce.



Photo: William Shaw.  
Tesco Vegetarian Magazine -  
Summer issue in store 6 May.

This map displays our extensive network of local strawberry suppliers. Chris Batchelor and David Dunn (above) are suppliers from Manningtree in Essex and have been supplying Tesco for 5 years.

## Help prevent cancer. Take 5 a-day.

Cancer Research UK and Tesco have joined forces to help protect you and your family's long-term health with the best advice on cancer prevention. Poor diet and smoking are the two main avoidable causes of cancer. Eating a nutritious diet could reduce your risk of cancer by a third. Vegetables and fruit are particularly good foods to eat to help prevent cancer, as well as protecting against other diseases such as heart disease. You should aim to eat at least 5 portions of different fruit and veg every day.

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Look out for delicious British raspberries in store soon!

