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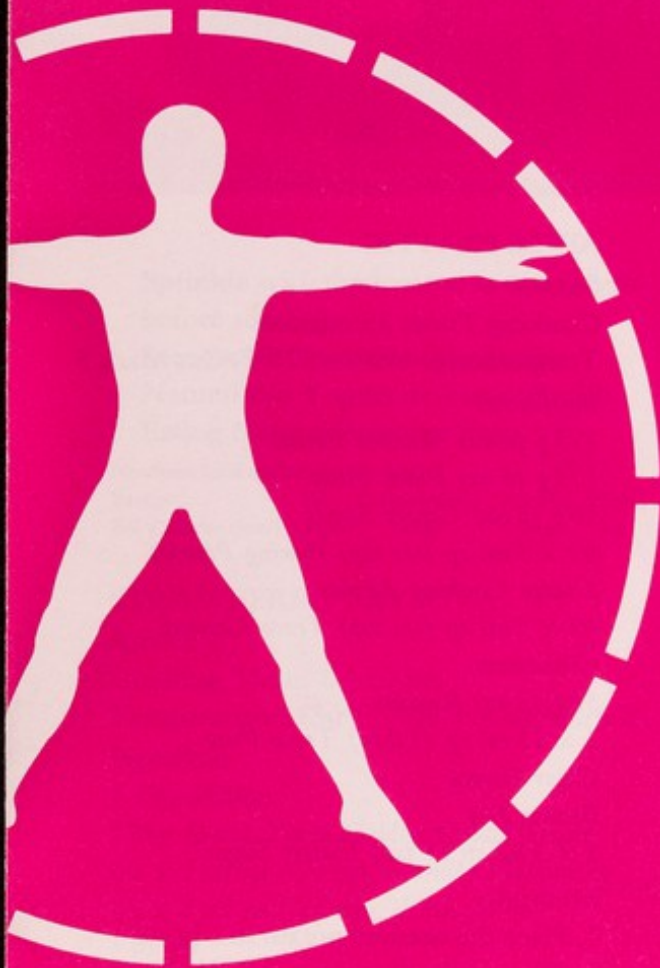
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TESCO

# HEALTHY EATING SUMMER DESSERTS



YOUR  

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GUIDE TO  

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HEALTHY  

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EATING

## HEALTHY EATING SUMMER DESSERTS

Here is your chance to discover the sweeter side of healthy eating with Tesco. We've come up with some mouthwatering recipes for you to try, all of which can be included in your balanced diet. So go on, treat yourself to a dessert which is nice and definitely not naughty.

For a quick and easy dessert try some of the fresh exotic and summer fruits available from the instore fresh fruit displays. Serve fresh strawberries and diced paw paw with a little Tesco Healthy Eating Cream or try one of the frozen fruit mixtures defrosted with a scoop of Tesco Healthy Eating Vanilla Iced Desert.

powder. Mix with a wooden spoon to form a stiff dough. Wrap and place in the refrigerator for 30 minutes.

- Peel and core the apples, cut into thin slices. Cover with water to prevent browning while rolling out the pastry.
- Roll out the pastry on a lightly floured board to cover a 20.5 cm (8") pie dish.
- Drain the apples and place in the base of a 20.5 cm (8") pie dish. Sprinkle with the cinnamon, raisins and drizzle

over the honey. Use a little of the rolled pastry to line the edge of the dish. Brush with a little beaten egg.

- Cover with the ready rolled pastry. Cut a slit in the centre of the pastry to allow the steam to escape. Glaze with a little beaten egg. Bake in the centre of a preheated oven. Sprinkle with the sugar before serving.

Nutrition Information per serving:				
Energy	Fat	Carbohydrate	Protein	Fibre
337 Calories (kcal)	5g	76g	8g	4g

### PEARS IN RED WINE

Serves: 4

#### Ingredients

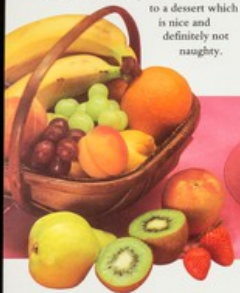
4 large ripe Dessert Pears, peeled  
8 Tesco Cloves  
450 ml (1/4 pt) Red Wine  
1 Tesco Cinnamon Stick  
25g (1 oz) Caster Sugar  
2 x 15 ml sp (2 tsp) Tesco Toasted Flaked Almonds for decoration

#### Method

- Core the pears leaving the stalks attached to the pears.

- Stud each pear with 2 cloves.
- Place in a large saucepan and add the remaining ingredients. Cover and simmer for 20 minutes. Spoon the wine over the pears several times during cooking. Leave to cool in the wine. Remove the cloves.
- Serve in a pool of Healthy Eating Single Cream, sprinkled with the almonds.

Nutrition Information per serving:				
Energy	Fat	Carbohydrate	Protein	Fibre
213 Calories (kcal)	9g	39g	3g	4g



### APPLE PRATTIE

Serves: 4

Cooking Time: 35 minutes

Temperature: 190°C/375°F/Gas Mark 5

#### Ingredients

175g (6 oz) Mashed Potato  
175g (6 oz) Plain Flour  
50g (2 oz) Caster Sugar  
1/2 x 5 ml sp (1/2 tsp) Baking Powder  
2 large Cooking Apples  
1/4 x 5 ml sp (1/4 tsp) Tesco Ground Cinnamon  
50g (2 oz) Raisins  
1 x 15 ml sp (1 tbs) Tesco Pure Clear Honey  
Beaten Egg  
1 x 5 ml sp (1 tsp) Caster Sugar

#### Method

- Place the mashed potato in a bowl, sift over the flour, sugar and baking

### CITRUS SYLLABUB

Serves: 4

#### Ingredients

Finely grated rind and juice of 1/4 Lemon  
Finely grated rind and juice of 1/4 Orange  
3 x 15 ml sp (3 tbs) Dry White Wine  
2 x 15 ml sp (2 tbs) Caster Sugar  
450g Tesco Greek Style Natural Yogurt  
Orange and Lemon twists

#### Method

- Stir the rind, juice, wine and sugar into the yogurt. Mix gently until evenly combined.
- The mixture should be the consistency of whipped cream.

Spoon into individual glasses and chill. Decorate with the orange and lemon twists.

Nutrition Information per serving:				
Energy	Fat	Carbohydrate	Protein	Fibre
148 Calories (kcal)	8g	14g	5g	-



### FRUIT COMPOTE

Serves: 4

#### Ingredients

250g pack Whitworths Dried Mixed Fruit Salad  
250g pack Whitworths Dried Ready to Eat Apricots  
1 x 5 ml sp (1 tsp) Ground Mixed Spice  
1 Cinnamon Stick  
600 ml (1 pt) Freshly Squeezed Orange Juice  
2 x 15 ml sp (2 tbs) Dark Rum

#### Method

- Place the dried fruit salad and apricots in a large saucepan. Sprinkle with the mixed spice.
- Add the Cinnamon stick. Pour over the orange juice and rum. Heat gently and leave to soak overnight in a cool place. Serve chilled with Tesco Healthy Eating Natural Fromage Frais.

Nutrition Information per serving:				
Energy	Fat	Carbohydrate	Protein	Fibre
345 Calories (kcal)	5g	74g	10g	9g

As an alternative substitute the Whitworths Dried Ready to Eat Apricots with either Whitworths Ready to Eat Figs or Whitworths Dried Peaches.



### FRUITY PANCAKES

Serves: 4

#### Ingredients

130 g packet Tesco Batter Mix  
1 Egg  
300 ml (1/2 pt) Water  
1 Orange, zested and segmented  
1 Kiwi Fruit, peeled and chopped  
125 g (4 oz) Seedless Black Grapes, halved  
125 g (4oz) Seedless White Grapes, halved  
1 Banana, sliced and tossed in a little lemon juice

3 x 15 ml sp (3 tbsp) Cointreau  
2 x 15 ml sp (2 tbsp) toasted Sesame Seeds

- #### Method
1. Make up the batter following the on pack instructions. Add the orange zest and use to make 6 18 cm (7") pancakes.
  2. Mix all the fruits together and stir in the Cointreau.
  3. Roll each pancake into a cone shape and fill with the fruit mixture.

5. Soak the strawberries in the wine. When the meringue is cooled, spread with the yogurt and top with the drained strawberries and mint sprigs.

Nutrition Information per serving:  
Energy Fat Carbohydrate Protein Fibre  
231 Calories (kcal) 7g 35g 7g 0.5g



Sprinkle with the toasted sesame seeds before serving.  
Serve with Tesco Healthy Eating Natural Bio Yogurt or Tesco Healthy Eating Natural Fromage Frais.

Nutrition Information per serving:  
Energy Fat Carbohydrate Protein Fibre  
290 Calories (kcal) 6g 49g 10g 2g

### STRAWBERRY PAVLOVA

Serves: 6

Cooking Time: 1-1 1/2 hrs  
Temperature: 150°C/300°F/Gas Mark 2

#### Ingredients

3 Egg Whites  
175 g (6 oz) Tesco Golden Caster Sugar  
1/2 x 5 ml sp (1/2 tsp) Vanilla Flavouring  
1/2 x 5 ml sp (1/2 tsp) White Wine Vinegar

1 x 5 ml sp (1 tsp) Cornflour  
225 g (8 oz) Strawberries, sliced  
4 x 15 ml sp (4 tbsp) White Wine  
450 g Tesco Greek Style Natural Yogurt  
Mint sprigs

#### Method

1. Mark onto non-stick baking parchment a 18 cm (7") circle. Place on a baking sheet.
2. Whisk the egg whites until stiff. Whisk in half the sugar, then carefully fold in the remaining sugar, vanilla, vinegar and cornflour.
3. Keep whisking until the meringue is thick, glossy and holds its shape.
4. Spread the meringue over the marked circle. Bake in the centre of the oven for about 1 - 1 1/2 hours.

### STUFFED PEACHES

Serves: 4

Cooking Time: 20 minutes  
Temperature: 180°C/350°F/Gas Mark 4

#### Ingredients

4 fresh ripe Peaches, halved and stoned or 8 canned Peach Halves  
1 x 5 ml sp (1 tsp) Tesco Ground Ginger  
50 g (2 oz) fresh White Breadcrumbs  
50 g (2 oz) Half Fat Sunflower Margarine  
50 g (2 oz) Chopped Mixed Nuts  
2 x 15 ml sp (2 tbsp) Demerara Sugar

#### Method

1. Place the peach halves in an ovenproof shallow dish.
2. Mix the ginger, breadcrumbs, margarine, nuts and sugar together. Fill each peach with a little of the mixture and cook in the centre of a preheated oven for 20 minutes or until lightly browned.  
Serve with Tesco Healthy Eating Natural Fromage Frais.

Nutrition Information per serving:  
Energy Fat Carbohydrate Protein Fibre  
275 Calories (kcal) 13g 29g 10g 3g

All products featured subject to availability.  
Tesco Stores Ltd., Cheshunt, Herts, EN8 9SL.