

Fromage blanc with kiwi fruit and caramelised dried fruit with maple syrup

Preparation :
20 minutes

Cooking time :
3 minutes

Difficulty :
Easy



SERVES 4



INGREDIENTS

- 4 kiwi fruits
- 25 g of fromage blanc
- 50 g of whole almonds
- 50 g of walnut kernels
- 20 g of hazelnuts
- 2 dried apricots
- 2 pitted Agen prunes
- 15 cl of maple syrup
- 50 grams of sugar

PREPARATION

Peel and cut the kiwi fruit into small pieces and mix with fromage blanc and sugar in a bowl.

Coarsely chop the almonds, walnuts and hazelnuts. Chop the apricots and prunes into small dice.

Put the fruit and nuts into a saucepan with 10 cl of the maple syrup. Cook over a low heat for 3 minutes, being careful not to over caramelize the maple syrup.

Leave to cool and then mix the fruit and nuts with the fromage blanc.

Serve in dessert bowls drizzled with the rest of the maple syrup.



Almonds are the fruit of the almond tree and mostly come from Spain.