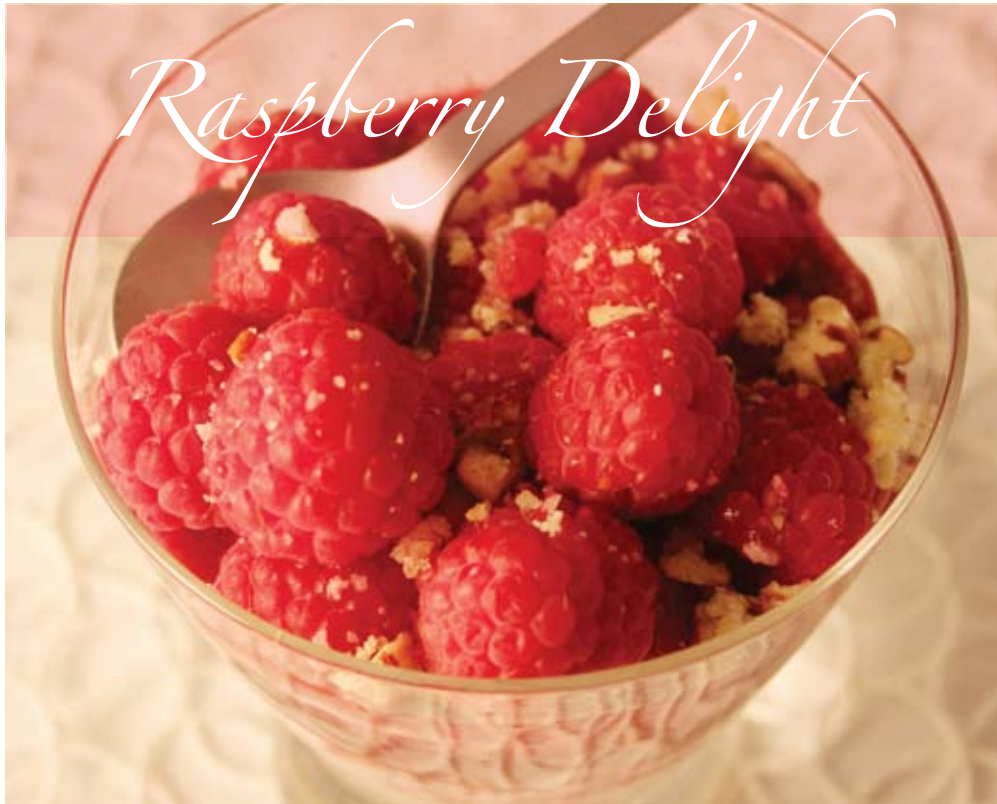


# Garsons

Growing since 1871



Plump **Raspberries**, creamy **Greek Yogurt**, **Blueberry Cordial** and roasted **Pecan nuts** combined to create a luxurious pudding.



### Ingredients - Serves 4

500g raspberries  
500g Greek yogurt  
30 g pecan nuts, chopped  
4 Amaretti biscuits

Organic Blueberry Cordial  
by Belvoir Fruit Farms,  
available at Garsons Farm Shop, Esher.



### Cooking Instructions

#### TO PREPARE

1. Place the chopped pecan nuts in a non-stick saucepan and roast lightly for 2 minutes.
2. Spoon 4 tbsp Greek yogurt into each pudding dish.
3. Pour a generous serving of Blueberry Cordial onto the yogurt. Add a handful of fresh, ripe raspberries.
4. Sprinkle with crumbled Amaretti biscuits and the warm pecan nuts. Serve immediately and enjoy!

#### HOW TO FREEZE RASPBERRIES

Raspberries freeze extremely well and can be stored for a great winter treat. Place a single layer of raspberries on a tray and freeze. When thoroughly frozen bag up. To use, remove quantity needed and thaw at room temperature. They will store well for up to a year.



#### RASPBERRY SEASON

Garsons **Pick Your Own Farm** grows the following Raspberry varieties: Tulameen, Octavia, Autumn Bliss and Polka. These crop between **mid June thorough to October**.