



FIRM YOGHURT LIME CREAM WITH APRICOT RAGOUT



QimiQ BENEFITS



20



easy

Tips

Instead of apricots, you could also use strawberries or a berry ragout.

You can reduce the calories by replacing the sugar with 9 g of sweetener (Natreen liquid).

INGREDIENTS FOR 10 PORTIONS

500 g QimiQ Classic

500 g Low fat yoghurt

100 ml Lime juice

110 g Sugar

0.5 tsp Lime zest

350 g Apricots (canned)

1 tbsp Sugar

0.5 tsp Corn flour / starch

METHOD

1. Whisk the QimiQ Classic smooth.
2. Add yoghurt, lime juice, sugar and lime zest and mix well.
3. Pour into glasses or timbal molds and let it chill.
4. For the apricot ragout, puree half of the apricots and mix with 1 tablespoon of sugar. Heat the puree and thicken with cornstarch.
5. Dice the remaining apricots and mix into the puree.