

The **COOK'S** Choice**Bramley Apple and Yoghurt Fool** **Preparation time:** 10 minutes **Cooking time:** 15 minutes **Serves:** 6-8 **Ingredients**

2 medium Bramley apples, peeled, cored and chopped into 1cm pieces

4 tbsp soft brown sugar

finely grated zest and juice of 1 lemon

55g bitter chocolate, finely grated

10 Sponge fingers

1 pint ready made, low fat custard

450g thick yoghurt

Place the apples, brown sugar, juice and zest of lemon into a saucepan.

Bring to the boil stirring occasionally, then turn down the heat, and cook until soft and pulpy; about 15 minutes. You may need to add a little more water if the mixture is too thick!! Then cool.

Grate the chocolate carefully on a cheese grater, then chill well, or pop into the freezer.

Place a large bowl or bowls on the work surface, then spoon half of the apple into the bottom.

Break up the Savoy biscuits and sprinkle over the apple.

Then spoon over half the custard

Next, half the yoghurt.

Then repeat: apple, custard and yoghurt, then finally sprinkle over the chocolate.

And serve, it will look fantastic!!!!!!

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