

## One of our lovingly created Kindred Recipes!

### Fruit Fool

#### Ingredients

(Based on Family of 4)

- ✓ 200g Tinned or fresh fruit
- ✓ 300g Custard
- ✓ 15g Oats

#### Method

- ✓ If using fresh fruit, chop and stew for 10 minutes or until soft and allow to cool.
- ✓ Combine to fruit and custard.
- ✓ Sprinkle the oats evenly over the fruit and custard mix.
- ✓ Serve and enjoy!