3-INGREDIENT MICROWAVE MARSHMALLOW TART

Makes 12 squares

INGREDIENTS:

2 packets (200g each) strawberry cream biscuits
2½ packets (150g each) pink and white marshmallows
1½ tubs (1kg per tub) Nutriday Low Fat Strawberry Yoghurt

Serving suggestion:
Whipped cream
Fresh strawberries, halved
Pink mini marshmallows

METHOD:

1. Place the strawberry cream biscuits into a resealable plastic bag and crush using a rolling pin.
2. Grease a large dish and pour in the crushed biscuits. Microwave for 45 seconds. Mix the crumbs together and press them firmly into the base of the dish to create a crust. Place in the fridge until needed.
3. Place the yoghurt and marshmallows in a large heat-proof bowl and microwave until melted, about 5 minutes, stopping to stir every minute. The marshmallows should be completely melted.
4. Stir to ensure the mixture is thoroughly combined, then pour the mixture over the biscuit base and refrigerate for a minimum of 5 hours or overnight for best results.
5. Once the marshmallow tart has set completely, slice into equal squares.
6. Garnish each square with a dollop of whipped cream, fresh strawberry halves and mini marshmallows. Serve and ENJOY!

FOODIES OF SOUTH AFRICA