

Knickerbocker Granola Glory

I just love Knickerbocker Glories – it has always been a childhood treat that I still enjoy, (unfortunately for my waist-line) once or twice a year. I adapted a Knickerbocker Glory for breakfast so I could just about pretend that it is slightly good for me. It is a great summer holiday treat. Instead of ice cream we make a frozen yoghurt – actually – it's more like a frozen smoothie!

You will need a food 'bullet - type' blender or food processor.

For 4 Sundae glasses:

For frozen yoghurt:

3 ripe bananas (does not matter if the skins are black or the flesh a little brown).

500ml yoghurt (full or no fat).

2 tablespoons porridge oats.

1 to 2 tablespoons maple syrup or honey (more or less to taste).

1 teaspoon vanilla extract.

Peel and slice the bananas into thin-ish slices and lay onto some baking parchment on a plastic tray. Place the tray of sliced bananas into the freezer and freeze for at least 2 hours. Place the rest of the ingredients into a food processor, remove the frozen sliced bananas from the freezer and put into the food processor and blitz until smooth. Place into a covered plastic tub and put back into the freezer to go quite hard.

For the Summer fruit sauce:

Stew 500g. bag of frozen fresh summer berries, with 2 tablespoons castor sugar and a squeeze of half a lemon, for 3 to 5 minutes, over a low heat, until it becomes liquid and the berries have burst. Blitz in a food processor and then pass through a fine sieve to remove the pips. Allow to cool. Do not get any of this stuff on your nice white shirt!



For the Knickerbocker Granola Glory:

Half a pineapple, skin cut off and the core removed. Chop into small 10mm (1/4 inch) chunks, try and keep the juice.

About 8 large chopped fresh strawberries.
2 tablespoons Hugo's Granola + a little for decorating.

500ml whipping or double cream – whipped to soft peak.

Fresh strawberries, raspberries and blueberries to decorate.

To build 4 Knickerbocker Granola Glory sundae glasses:

Place a tablespoon of pineapple chunks (with ant collected juice) at the bottom of each glass then a tablespoon of granola. Place a layer of strawberries on the granola, then a small ball of the banana frozen yoghurt, press own a bit. Drizzle a tablespoon of the summer fruit sauce over the frozen yoghurt and then another tablespoon of granola. If your glass is tall enough, do another layer fresh strawberries, more frozen yogurt and a spoonful of fruit syrup. On the top, swirl on the whipped cream – either piped on or swirled on by hand – mound the cream obscenely on top of all the fruit and frozen yoghurt, into a peak. Decorate with one or two fresh raspberries and blueberries and a little drizzle some more of the summer fruit sauce and a scattering of granola. It should look impossible to eat, but somehow, everybody manages to consume it and possibly get a little messy!

