

# Honey Cream Dip

**Country of origin: England**<sup>1</sup> This is the sort of frugal living I go for.

With thanks to Traidcraft plc for "Recipes for Change" from whence the original Honey Cream dip was taken, but now sadly out of print. In those days **FAIRTRADE** bananas did not exist either, and now **FAIRTRADE** fruit juice can be obtained also.

## Ingredients

- 150 ml fresh double cream
- 150 ml natural yoghurt
- 45 ml **FAIRTRADE** runny honey
- 50 g **FAIRTRADE** chopped cashew nuts

### *Fresh fruit*

- FAIRTRADE** bananas
- apples
- FAIRTRADE** mangoes
- pineapple
- grapes

## To serve

No decoration is needed, the fruit does it all.

## Variation

Fruit varies with what is in season (or what you can stand in the supermarket).

## Method

Toast the cashew nuts on a baking tray in an oven at Gas Mark 3 until golden brown, usually about 30 minutes.

Whip the cream until thick.

Mix the yoghurt with the cream

Stir in 30ml of honey and half the nuts

Divide the honey cream into 4 separate dishes and trickle a little honey over each.

Sprinkle on the nuts.

Serve the bowls of honey cream dip on plates surrounded by an assortment of fresh fruit to be dipped in the cream for eating.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>