**Eat a Rainbow recipes – purple**

**Berry parfait**
Serves 4

**Ingredients:**
- 16 Tbsp low fat vanilla yoghurt
- 1 cup blueberries
- 1 cup blackberries or raspberries

**Equipment:**
- clear plastic cups or small bowls
- spoons

**Method:**
Put a tablespoon of yoghurt in each cup/bowl, then top with the blueberries. Continue layering with yoghurt and fruit until cup or bowl is full.

**Tips:**
- Use tinned or frozen berries if fresh is too expensive.
- Vary the fruits or the flavour of low fat yoghurt.

**Crispy eggplant fritters**
Makes 25

**Ingredients:**
- 2 medium-size eggplants
- olive oil for shallow frying
- 2 eggs
- 100ml milk
- ¾ cup (115g) plain flour
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- ¾ cup Panko (Japanese) breadcrumbs
- salt

**Equipment:**
- knife
- chopping board
- measuring jug or cup measures
- sieve
- medium-size bowls
- 2 trays
- non-stick frypan or electric frypan
- whisk
- paper towels
- tongs
- large plate

**Method:**
This recipe requires adult supervision

1. Sift the flour and spices into a medium-size bowl.
2. Whisk eggs in another bowl, together with the milk and a pinch of salt.
3. Carefully cut off the spiky stem and green calyx from the top of the eggplant and slice ½ cm off the bottom. Discard. Slice the eggplants into 1cm thick pieces.
4. Tip the breadcrumbs into a bowl. Place the bowls of flour, the egg and milk and the breadcrumbs (in this order) in a row on your kitchen bench top.
5. Work from left to right. With your left hand toss a slice of eggplant in the flour, shake off excess.
6. With the same hand dip the slice into the egg mixture.
7. Drop into the breadcrumbs and with your dry right hand lightly press the eggplant slice till it is completely covered. Place on a clean tray. Repeat until all the slices are crumbed.
8. Heat olive oil in non-stick frypan and carefully cook eggplant slices until golden brown. Remove with a pair of tongs. Transfer to a plate lined with paper towel. Repeat with the remaining slices.

Serve with minty cucumber yoghurt

**Tip:**
Choose smaller, firm fruit, which are sweeter and less seedy. Big eggplants can be bitter.

Recipe by Kate Sparrow, Kids’ Club Coordinator and Chef, courtesy Adelaide Showgrounds Farmers Market