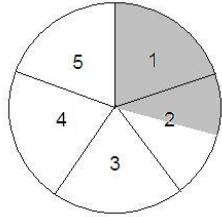


# Fruit Salad

Serves 6

Portions of fruit & vegetables per serving: 1½



Allergen information:

Allergens are in bold.  
May contain sulphur dioxide

Ingredients	Amount	Preparation
bananas	2 medium	peeled and sliced
<b>dried apricots</b>	12	cut into quarters
kiwis	3	scooped out/ peeled and chopped
clementines/tinned mandarin	2 fresh/1 small tin	peeled and segmented if fresh
tinned pineapple in natural juice	1 small tin (230g)	

**Please Turn Over**



## Method

- 1 Put the prepared fruit into a serving bowl.
- 2 Add the tinned fruit, with the juice.
- 3 Mix together and serve.

94 Calories		Per serving
<b>Fat</b>	LOW	0.3g
<b>Saturates</b>	LOW	0g
<b>Sugars</b>	LOW	21.6g
<b>Salt</b>	LOW	0.3g

■ HIGH 
 ■ MEDIUM 
 ■ LOW

## Handy Hints

- Try using other fruits, including canned fruit in natural juice and dried fruits.
- Could be served with low fat natural yoghurt or turned into fruit kebabs.

