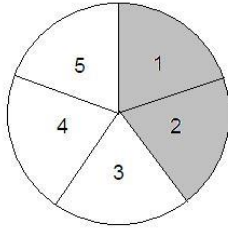


Fruity Cooler

Serves 4

Portions of fruit & vegetables per serving: 2



Allergen information:

None present in this recipe.

Ingredients	Amount	Preparation
kiwi fruit	4	peeled and sliced
frozen raspberries	300g (10½oz)	
orange juice	568ml (1 pint)	
ice-cubes	8	

Please Turn Over



Method

- 1 Put all the fruit, orange juice and ice-cubes into a blender or bowl if using a hand blender.
- 2 Blend for 40 seconds, or until completely blended.
- 3 Pour into glasses and serve immediately.

94 calories		Per serving
Fat	LOW	0.6g
Saturates	LOW	0.1g
Sugars*	HIGH	20.9g
Salt	LOW	0g

■ HIGH
 ■ MEDIUM
 ■ LOW

* These sugars are 'natural sugars', which occur in foods such as fruit. Although all sugars can cause tooth decay, fruit has many benefits. Try to restrict foods high in natural sugar to mealtimes only, and cut down on foods high in 'added sugar' such as sweets, cakes and biscuits.

Handy Hints

- Strawberries or blackberries can be used instead of raspberries.
- Turn any left over mixture into ice lollies by freezing in small containers.
- Packed with loads of vitamins.

