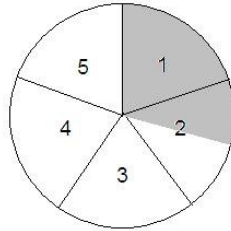


Fruit Salad

Serves 6

Portions of fruit & vegetables per serving: 1½



Ingredients	Amount	Preparation
bananas	2 medium	peeled and sliced
dried apricots	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
Fat	LOW	0.3g
Saturates	LOW	0g
Sugars	LOW	21.6g
Salt	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.

