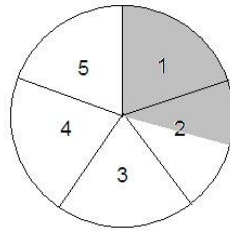


Mixed Fruit Chat

Serves 8-10

Portions of fruit & vegetables per serving: 1½



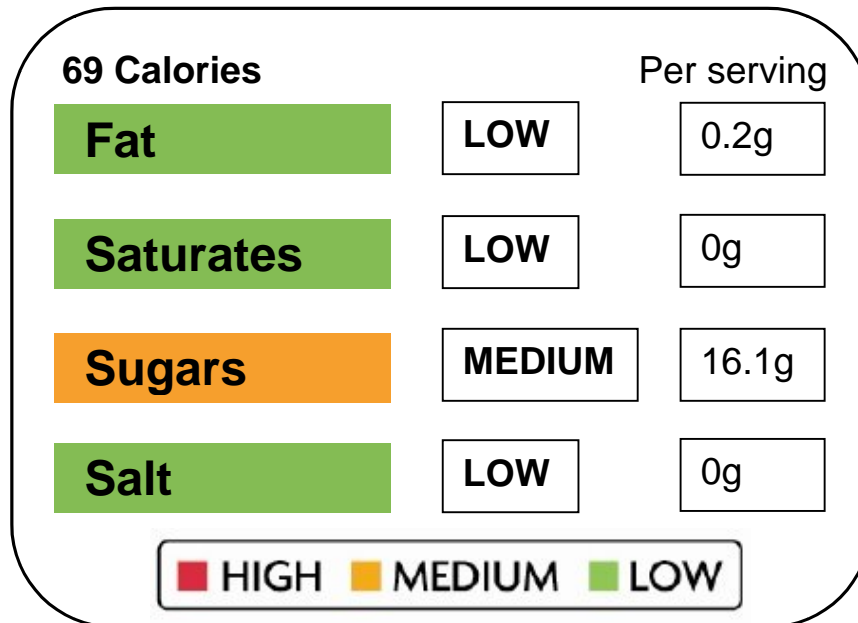
Ingredients	Amount	Preparation
apples	2 medium	washed and cut into small pieces
bananas	2 - 3 medium	
oranges	2 medium	
grapes	small bunch	
pears	2 medium	
strawberries	10 - 12	
kiwis	2	
mixed fruit in natural juice (optional)	1 small tin (230g / 8oz)	
chat masala (hot spice mix)	¼ teaspoon	
lime juice	1 tablespoon	

Please Turn Over



Method

- 1 Put the prepared fruit into a serving bowl.
- 2 Add the tinned fruit, with the juice.
- 3 Add the lime juice and chat masala and mix well.
- 4 Serve



Handy Hints

- The chat masala can be bought from any Asian grocery shop.
- You can use any fruits you like to make this fruit salad, including canned fruit (in natural juice).
- Could be served as a fruit salad with low fat natural yoghurt.

