

## Fresh Fruit

**Serves 10**

**400g mixed fresh fruit**



- METHOD:
- Peel or prepare the fruit as appropriate
- Allow 40g fruit per child

✓ COOK'S TIP MAKE A FRUIT PUREE FOR WEANING DIETS

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
33	0.5	0.1	7.9	0	0	0.2	13