

## Fruit Salad with Yoghurt

Serves 10

Ingredients	
500g mixed fresh fruit, bananas, apples, pears, berries, oranges, apricots, peaches, (use seasonal varieties available)	300 ml natural Greek yogurt

- METHOD:
- Wash and peel fruit as appropriate, cut into bit size pieces.
- Serve with a dessert spoon of the Greek yogurt

- ✓ FOR PUREE DIETS, PREPARE EXTRA FRUIT TO MAKE A PUREE
- ✓ FOR DAIRY FREE DIETS, OMIT GREEK YOGURT, USE SOYA YOGURT



Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
64	2.3	2.8	8	7.8	0.1	0.2	54