

Peaches and cream

Serves 10

Ingredients	
10 canned peach halves or 400g canned peach slices in natural juice	200ml pouring cream

- Method:
- Place the peach halves or 40g peach slices in bowls
- Drizzle with approx 20ml of cream



- ✓ **COOK'S TIP-** For puree diets, serve a previously prepared and frozen fruit puree
- ✓ FOR DAIRY FREE DIETS, USE SOYA CREAM ALTERNATIVE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
58	1	4	5	5	0	0.2	20