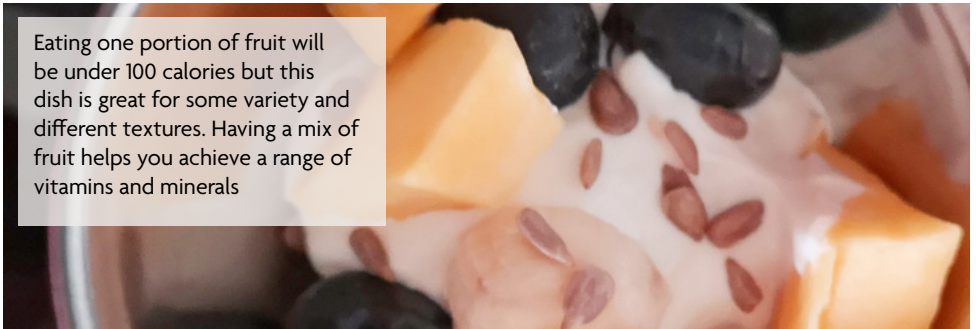




Fruit and Yoghurt

Eating one portion of fruit will be under 100 calories but this dish is great for some variety and different textures. Having a mix of fruit helps you achieve a range of vitamins and minerals



Ingredients

- 2 x 5 cm sliced mango (about ¼ mango)
- 1 medium banana
- 14 grapes
- 2 kiwis
- 1½ tbs plain yoghurt
- 1 tsp mixed nuts
- 1 tsp sunflower seeds

Method

1. Peel skin from mango then cut into bite sized cubes
2. Slice banana
3. Peel kiwi and slice into bite size portions
4. Mix all fruit together
5. Add yoghurt and sprinkle with seeds and nuts
6. Divide into 4 portions

Nutrition per portion - 106g

| Energy | Fat | Saturates | Sugars | Salt | Protein | Carbs | Fibre |
|---------|------|-----------|--------|--------|---------|-------|-------|
| 100kcal | 3.6g | 1.5g | 13g | <0.01g | 2.5g | 13.9g | 2.2g |
| 5% | 5% | 7% | 14% | 1% | 5% | 5% | - |

% of an adult's reference intake