

MIXER'S

TUTTI-FRUTTI SUNDAE



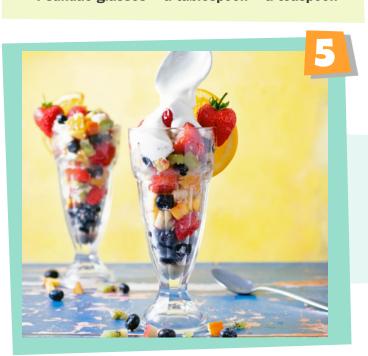




- 1 orange, peeled and chopped into chunks
- 1 kiwi, flesh scooped out and cut into chunks
- 1 banana, chopped into slices
- 1 apple, cored and chopped into chunks
- 160g strawberries, halved
- 1 nectarine, chopped
- 80g blueberries
- 4 tablespoons low-fat Greek-style yoghurt
- 1 mint sprig, leaves picked
- 2 tablespoons desiccated coconut (optional)
- 2 teaspoons mixed nuts (optional)

EQUIPMENT

- chopping board
 chopping knife
 large bowl
- 4 sundae glasses
 a tablespoon
 a teaspoon





Wash your fruit and prepare it on a chopping board.

Put all the fruit in a bowl and mix it up. Add nuts and coconut here if using.



3

Spoon the fruit into your sundae glasses or your bowls.



Spoon 1 tablespoon on top of the fruit in each glass.

Add two mint leaves to each glass and serve!

If you have any, add some decorations like shiny paper windmills or umbrellas.

You could use different fruit instead – have fun experimenting!



wcrf-uk.org/eat-move-learn