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 yogurt and sprinkle with seeds and nuts
6. Divide into 4 portions

Nutrition per portion - 106g

<table>
<thead>
<tr>
<th>Energy 100kcal</th>
<th>Fat 3.6g</th>
<th>Saturates 1.5g</th>
<th>Sugars 13g</th>
<th>Salt &lt;0.01g</th>
<th>Protein 2.5g</th>
<th>Carbs 13.9g</th>
<th>Fibre 2.2g</th>
</tr>
</thead>
<tbody>
<tr>
<td>5%</td>
<td>5%</td>
<td>7%</td>
<td>14%</td>
<td>1%</td>
<td>5%</td>
<td>5%</td>
<td>-</td>
</tr>
</tbody>
</table>

% of an adult’s reference intake

If you enjoy the recipes, let us know email: rowettnews@abdn.ac.uk