

Fresh for Kids® Banana, strawberry & chocolate sundaes



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Preparation about 15 minutes
Serves 4

250g strawberries, hulled and sliced
1 orange, juiced
2 tsp icing sugar
3 ripe bananas, peeled and sliced
Reduced fat vanilla ice-cream, to serve
30g bar Cadbury Flake chocolate (or similar)

1. Place strawberries in a bowl. Sprinkle with orange juice and icing sugar. Stir to combine. Set aside for 5 minutes.
2. To serve, layer bananas, strawberry mixture and small scoops of ice-cream in 4 serving glasses. Crumble chocolate on top and serve.

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Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- They are a good source of dietary fibre. Fibre helps prevent constipation.
- The content of some carotenoid antioxidants is higher in red ripe strawberries. Antioxidants help protect many body tissues, including blood vessels.

For fresh fruit and vegetable recipes visit
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