

Fresh for Kids®

Custard apple, tangelo & banana sundaes



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Ingredients:

- 1 medium (about 500g) just-ripe custard apple
- 1 tsp lemon juice
- 1/2 cup reduced fat thick natural yoghurt
- 1 tsp honey
- 2 medium ripe bananas, sliced
- 2 tangelos, peeled and chopped
- 1 tbs hundreds and thousands

Health benefits of tangelos:

- Like all citrus fruits, tangelos are an excellent source of vitamin C, the vitamin that helps the body fight infections
- A good source of dietary fibre, which helps the digestive system stay healthy.
- Rich in flavonoids, a type of antioxidant that assists the immune system.

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Method:

1. Halve custard apple and scoop flesh into a medium bowl, discarding seeds. Add lemon juice (this prevents discolouration) and stir to combine. Stir in yoghurt and honey.
2. To serve, layer custard apple mixture, bananas and tangelos in four serving glasses. Sprinkle with hundreds and thousands and serve immediately.

Serves: 4 kids

Preparation: 20 minutes