

Fresh for kids™ Fruit salad with fresh berry sauce



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Ingredients:

Fresh berry sauce:

125g strawberries, hulled and roughly chopped

2 tbs caster sugar

2 tbs water

150 g raspberries

Fruit salad:

2 ripe bananas

2 oranges

1/2 pawpaw

Health benefits:

Raspberries

Raspberries are exceptionally high in fibre due to their tiny seeds. They are also a good source of vitamin C – 1 cup of raspberries contains half a child's daily vitamin C requirements. Raspberries also contain some iron.

Method:

1. Place strawberries, sugar and water into a small saucepan. Stir to combine and heat, stirring occasionally, until just boiling over medium-low heat. Simmer for 1 minute.

2. Gently stir in raspberries. Remove from heat. Using a hand-held blender or blender, puree fruit until smooth (do not strain as the seeds add fibre). Place sauce into an airtight container and chill.

3. Peel and chop bananas, oranges and pawpaw. Combine fruit in a medium bowl and spoon into serving glasses or bowls.

4. Serve berry sauce over fruit salad.

Preparation: 10 minutes

Cooking: 4 minutes

Makes: 1 1/4 cups berry sauce

Note: At this stage the berry sauce can be kept in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

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