

Super-C fruit salad & gelato sundae



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Preparation: about 12 mins

Serves: 4

This colourful fruit salad is loaded with beneficial vitamin C.

Ingredients:

- 2 medium kiwifruit, peeled
- 250g strawberries, hulled
- 1 large banana, peeled
- 200g small seedless grapes, removed from stems
- 1 passionfruit, halved
- 1 large mandarin, juiced
- mango or passionfruit gelato, to serve

Method:

1. Chop kiwifruit, strawberries and banana into a 1 cm dice. Place in a medium bowl. Add grapes, passionfruit pulp and mandarin juice. Gently stir to combine.
2. Spoon scoops of fruit and gelato into serving glasses and serve.



Kiwifruit:

- A rich source of vitamin C – one kiwifruit provides several day's supply. Vitamin C is important for healthy gums.
- Provide fibre which is concentrated in the little black seeds. Fibre helps keep the intestine functioning normally.
- A source of potassium. Many people fail to consume enough potassium to balance the adverse effects of salt in their daily diet.