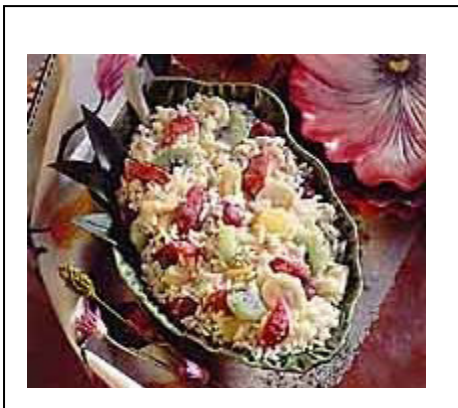


'What's Cooking!' Recipe Cards

FRUIT SALAD AND RICE



Food Fact:-

With high nutrients, rice is a good source of insoluble fiber, which is also found in whole wheat, bran and nuts. Insoluble fiber reduces the risk of bowel disorders and fights constipation.

Among other nutrients, rice is rich in carbohydrates, the main sources of energy, low in fat, contains some protein and plenty of B vitamins.

Preparation time 5-8 mins

Cooking time 0 mins

Serves 4



FRUIT SALAD AND RICE

Ingredients

1. Chop the fruit into bite size pieces
2. Mix salad ingredients, dried fruit and rice together.
3. Sprinkle on the spice and the optional ingredients.
4. Refrigerate. Serve cold.

Use fresh fruits in season, if using tinned fruit chose those in fruit juice rather than syrup.

425gm tin low fat/sugar rice pudding

500gm (approx) selection of fresh or tinned fruit (in juice) ; pineapple, peach, strawberry, kiwi, apple, banana etc

10gm (1tbsp) dried fruit (sultanas, raisins, apricots)

Small pinch nutmeg or mixed spice

Optional: 10gm (1tbsp) chopped nuts (walnuts, pecan)

10gm (1tbsp) seeds (sunflower, pumpkin)