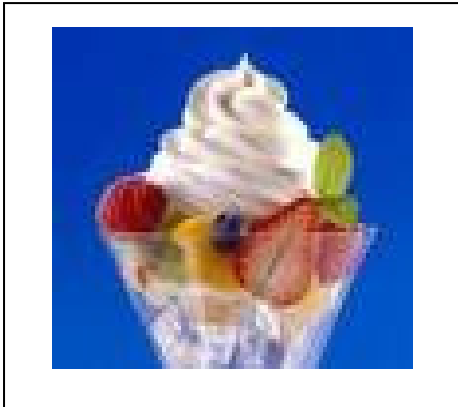


# Healthy Fruit Sundae



## Food Fact:-

Healthy food does not have to be boring – use your creative skills to produce a tasty, attractive and exciting dessert – that is good for you too!

**Preparation time** 5 mins

**Cooking time** 0 mins

Servings: one

## Healthy Fruit Sundae Ingredients

1. Assemble the ingredients to create a healthy and delicious treat, be creative, and use as many colours, textures and tastes as you can.

*Fresh fruits ... Strawberries, bananas, kiwi fruit, raspberries, peaches, pineapple, grapes . . . .*

*Sugar free jelly*

*Crunched up biscuits. digestives, oat cookies etc*

*Chopped nuts, seeds*

*Natural yoghurt*

*Sauces made from blended fresh fruit*

