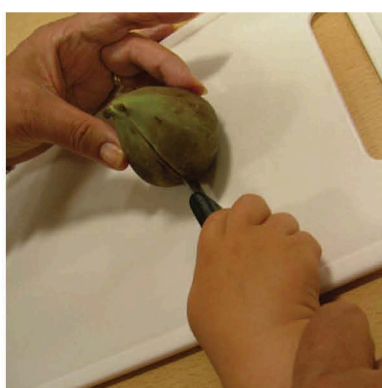


## Fig



**1** Cut through the centre.



**2** Scoop out flesh using a spoon.

2 = 1 of  
your 5 a  
day

## Tips

Can be eaten hot or cold.

### **Why not try whole baked figs?**

Cut a cross into top of the fig by scoring the top with a knife.

Place onto a non-stick baking tray.

Bake in a medium oven for 15 minutes.