



MIXER'S TUTTI-FRUTTI SUNDAE



SERVES 4



INGREDIENTS

- 1 orange, peeled and chopped into chunks
- 1 kiwi, flesh scooped out and cut into chunks
- 1 banana, chopped into slices
- 1 apple, cored and chopped into chunks
- 160g strawberries, halved
- 1 nectarine, chopped
- 80g blueberries
- 4 tablespoons low-fat Greek-style yoghurt
- 1 mint sprig, leaves picked
- 2 tablespoons desiccated coconut (optional)
- 2 teaspoons mixed nuts (optional)

EQUIPMENT

- chopping board • chopping knife • large bowl •
- 4 sundae glasses • a tablespoon • a teaspoon •



1
Wash your fruit and prepare it on a chopping board.



2
Put all the fruit in a bowl and mix it up. Add nuts and coconut here if using.



3
Spoon the fruit into your sundae glasses or your bowls.



4
Spoon 1 tablespoon on top of the fruit in each glass.



5
Add two mint leaves to each glass and serve!

If you have any, add some decorations like shiny paper windmills or umbrellas.

You could use different fruit instead – have fun experimenting!