



Fruit salad, yoghurt & meringue 'pie'

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Preparation 20 mins | Serves 4

This delicious 'pie' is terrific served for a shared dessert!

- 2 ripe gold kiwifruit
- 2 tangelos or oranges
- 1 large ripe banana
- 250g strawberries, hulled and halved
- 1½ cups thick reduced fat vanilla yoghurt
- 100g store-bought meringues, roughly broken into pieces
- 2 passionfruit, halved

STEP 1 Peel and roughly chop kiwifruit and tangelos or oranges. Place into a shallow pie dish. Peel and slice banana. Reserve 6 strawberries and add remaining strawberries and banana to pie dish. Gently toss to combine.

STEP 2 Top with dollops of yoghurt and crushed meringues. Scatter with reserved strawberries, drizzle with passionfruit pulp and serve.

Good for you... **PASSIONFRUIT**

The seeds in passionfruit give this fruit top marks as a source of fibre. Dietary fibre helps keep the intestine healthy. A good source of beta carotene which the body converts to vitamin A. This vitamin is important for vision in dim light. A good source of the B vitamins riboflavin (B2) and niacin (B3), both of which are vital for the biochemical reactions that release energy from the proteins, fats and carbohydrates in our food.



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