

Persimmons with passionfruit & pistachio yoghurt



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Preparation about 15 minutes

Serves 4

1 cup thick natural yoghurt

1 large or 2 small passionfruit, pulp removed

1/4 cup pistachio nuts, chopped

4 ripe persimmons, washed

1. To make passionfruit and pistachio yoghurt, place yoghurt, passionfruit pulp and pistachio nuts in bowl. Stir until well combined. Spoon into small serving bowls.
2. Remove stems and cut persimmons into thick wedges. Serve with yoghurt.



Persimmons

- A rich source of carotenes, including beta carotene and cryptoxanthin, both of which the body converts to vitamin A. Cryptoxanthin may also assist bone health.
- A good source of vitamin C. This vitamin is important for healthy gums.
- Provide potassium (helps balance sodium from salt) as well as dietary fibre.

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