

Fresh for Kids® Fresh fruits with date, pecan & honey yoghurt



Fresh fruits with date, pecan & honey yoghurt

Preparation: about 15 minutes + chilling
Serves: 4

The yoghurt is best made in advance and stored in an airtight container so it's ready for breakfast. The dates soften and give the yoghurt a delicious caramel flavour.

Date, pecan & honey yoghurt

500g thick natural yoghurt
200g Medjool dates, deseed and roughly chopped
2 tbs honey
¼ cup pecan nuts, roughly chopped

To serve:

250g strawberries, hulled and sliced
4 ripe kiwifruit (golden and green), peeled and sliced

1. To make date, pecan and honey yoghurt, place yoghurt, dates, honey and pecans into a bowl. Stir to combine. Chill in an airtight container until ready to serve.
2. To serve, arrange sliced fruit on 4 serving plates. Spoon yoghurt into 4 individual serving pots and serve with fruit.

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Dates

- A good source of dietary fibre which is important to keep the intestine functioning well.
- Fresh dates are a source of vitamin C, one of the vitamins that help the body protect itself against infection and also provide some folate, an important B complex vitamin.
- Provides potassium which helps balance the adverse effects of the sodium from excess salt in the diet.

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