

Fresh for Kids®

# Fruit skewers with butterscotch dip



## Fruit skewers with butterscotch dip

**Preparation:** about 10 minutes  
**Cooking:** about 10 minutes  
**Serves:** 4

- 2 large mandarins, peeled and segmented
- 2 ripe bananas, peeled and cut into 2cm thick slices
- 2 kiwifruit, peeled, halved and cut into 1cm slices

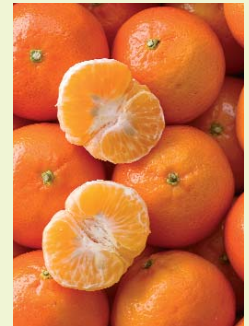
### Butterscotch dip

- ¼ cup golden syrup
- 1 cup light thickened cream
- ¼ cup brown sugar
- 1 teaspoon cornflour
- 1 tablespoon cold water

1. To make butterscotch dip, combine golden syrup, cream and brown sugar in a small saucepan. Stir over medium-low heat until sugar dissolves. Bring to the boil. Remove from heat. Combine cornflour and water in a cup to form a paste. Stir cornflour mixture into sauce and cook, stirring constantly, for 3–4 minutes over low heat until thickened. Remove from heat and set aside to cool slightly. Pour into small dipping bowls.
2. Thread fruit onto small bamboo skewers. Serve with warm butterscotch dip.

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### Mandarins

- A top source of vitamin C, one of the compounds the body uses to defend itself against infections.
- Provide dietary fibre which is important for the health of the intestine.
- A source of potassium, which helps balance fluid levels in the body and also folate.

For fresh fruit and vegetable recipes visit  
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