

Jewelled autumn fruit salad



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Preparation 20 mins | Serves 4

Double or triple this recipe for a kid's party or special gathering, or for the school canteen.

- 3 oranges
- 6 fresh Medjool dates
- 250g seedless grapes, washed
- ½ small pomegranate
- ½ cup reduced fat thick custard

STEP 1 Peel and remove all pith from oranges and chop into bite size pieces. Place into a bowl. Halve each date and remove seeds, then roughly chop. Remove stems from grapes. Toss dates and grapes through oranges.

STEP 2 To prepare pomegranate, hold pomegranate cut-side down over a bowl and using the back of a wooden spoon, gently tap pomegranate to dislodge the seeds. Remove and discard any white seeds or pith. To serve, spoon fruit salad into serving glasses. Top each with a dollop of custard, sprinkle with pomegranate seeds and serve.

Good for you... **GRAPES**

Grapes contain natural sugars so they taste sweet. These sugars are digested slowly and so they give us sustained energy. A good source of vitamin C. This vitamin helps reduce our chances of picking up infections and also keeps teeth and gums healthy. Grapes provide dietary fibre which is important for making sure food residues move through the intestine.

