

## Summer fresh fruit salad



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Preparation 20 mins | Serves 6

- 3 ripe plums or peaches
- 2 large ripe nectarines
- 3 Valencia oranges, peeled and pith removed
- 250g seedless grapes (green and purple), stems removed
- 1 passionfruit, halved
- Reduced fat custard or vanilla ice-cream, to serve

**STEP 1** Roughly chop the plums, nectarines and oranges. Place into a bowl. Add grapes and toss to combine.

**STEP 2** Drizzle fruit with passionfruit and gently toss to combine. Serve with reduced fat custard or vanilla ice-cream.

### Good for you... **PLUMS**

*A good source of dietary fibre, which helps keep the intestine healthy and prevent constipation. Provide small amounts of minerals and vitamins, including vitamin C which is important for protection against infection. The purple skin on plums is a source of pigments called anthocyanins that are being studied for their potency as antioxidants.*

